

# **The Energy of Money**

**Carol Look**

<http://www.attractingabundance.com>

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# The Energy of Money Audio 1 Part 1

*(Total time: 4:11)*

**Carol:** The Energy of Money. Hello everyone. This is Carol Look, EFT master and creator of [www.attractingabundance.com](http://www.attractingabundance.com), and I'm going to help you with these recordings to heal your relationship with money by changing your energy around money.

Now the primary technique I'm going to be using is EFT, or Emotional Freedom Techniques, so I want to give you just a brief disclaimer about it. In my experience, EFT has been incredibly effective for all kinds of emotional issues and conflicts. But as with any self-help technique, please consult with your physician and healthcare practitioner before getting started. And of course you are required to take full responsibility for your own emotional health and wellbeing when using these techniques.

So the energy of money. Hard work is fine, but it's just that: hard work. Think of how many people complain that they work too hard and don't get enough money. So it's obviously not a balanced equation between work and money. And that's what I want to help you with, to be able to change this equation, so it's more about your vibration rather than hard work. I'm sure you've heard that expression: "Work smarter, not harder." And that's what I hope to be able to help you to do.

We need to tap into this vibration of financial abundance. Abundance is a feeling or a vibration. And I always say to people: "It's not a dollar amount in your bank account." And the good news is, we can all learn how to tap into it. The bad news is, we often are in a position now of chasing money, chasing cash, trying to do it by working harder, and we're exhausted. And we haven't been taught – I know I was not taught how to do it through the vibrational means and through the energy of money.

So when you tap into the vibration of financial abundance, then the work because easy, it doesn't feel like work. You find yourself in serendipitous situations and you end up having experiences that make you feel lucky and wealthy. And you tap into the vibration of abundance without thinking about money, it doesn't have to be about the paycheck.

I want to give you all an energetic reminder about your vibration when it does come to money: **You can't get rich when you feel poor.** That's what this is all about. You can't get rich when you feel poor, because when you feel poor, that's an energy, that's a vibration. And when you feel poor, then you will attract more of that into your life, more things that make you feel poor. And you won't have experiences that make you feel wealthy.

So you need to find ways to feel rich and wealthy, even if it's not through your bank account and through your paycheck. And then when you have the feeling of wealth, abundance, riches, plenty, then the universe and the Law of Attraction starts to see that, feel that, hear that, and can bring you and deliver to you more of that, because it's a matching vibration.

Remember, the Law of Attraction says: "Like attracts like," and what it means is that your vibration has to match what the universe is giving you. So if you're in a poverty, scarcity mentality, that's what's going to match what the universe is giving you. The universe will match you.

So when you raise your vibration about money you will increase the abundance you allow into your life. So we can raise our vibration about anything and feel wealthy, and we can raise our vibration about money to increase abundance into our lives.

## The Energy of Money Audio 1 Part 2

*(Total time: 8:53)*

**Carol:** Let's talk a little about EFT, our technique that we're going to be using.

So EFT is **E**motional **F**reedom **T**echniques. It's a Meridian tapping therapy and it's under the umbrella of energy psychology, energy medicine. EFT is based on the ancient art of acupuncture.

What we do is, instead of using needles in the acupuncture points that are located along the meridians or circuits of energy in the body, we tap on these specific stress relief points that are located on the face and body. And while we're tapping on these points, we are focused on and addressing a problem that we hope to change. So it's very, very simple; we're tapping on acupuncture points while we're focused on the issue.

With EFT, we need to choose a target. And your target can be an emotion (anxiety, fear, hurt, loneliness), an event (the time he left me at the restaurant, the time she hit me, the time I was rejected from my credit card) or a symptom (you might have high anxiety and pulsing in your chest, you might have pain in your head, you might have cravings; anything like that, that would be a symptom.)

So we need to choose a target. And then when we think about the target, let's say the target for a sample EFT exercise – this is a real one though – is that the topic of money makes you nervous, makes you anxious. So think about the topic of money, we're working on the energy of money. How anxious or nervous does that make you feel in your body right now? On a 0-10 point scale, with 10 being the most anxious, how anxious do you feel right now? How uncomfortable, upset, irritable do you feel when I'm talking about this topic of money and raising your vibration about it? 0-10, write that down.

So we've measured it, and now we devise a setup statement. And the setup statement is a sentence that combines a focus on the problem, we're just identifying what the issue is, combined with an affirmation statement. So in this case our setup statement could be: "Even though the topic of money makes me anxious, I deeply and completely accept myself anyway."

So in broad psychological terms, what we're doing is simply accepting ourselves where we are, and it's a beautiful piece of this technique. So we combine that with the tapping on the points.

So here's how we start:

We start on the karate chop point. And the karate chop point, you have one on either hand, and it's the outside fleshy part of your hand, it's below your pinky, above your wrist; right where a karate master would chop a block in half. So that point on his hand, I'm sure you've seen a karate master try to do that on television. And you tap on one of your karate chop points.

So I'm right handed, so it's easy for me to take the fingers of my right hand and I tap on the karate chop point that's located on my left hand. And while I'm tapping there I'll say our setup statement. And I want you to repeat after me while you're tapping and do it three times. We'll say it out loud three times. So I'm tapping on my karate chop point, and repeat after me:

*(Starts at 3:52)*

**Karate Chop:** Even though the topic of money makes me anxious, I deeply and profoundly accept myself anyway.

Again.

Even though this topic of money makes me feel anxious, I accept who I am and how I feel.

And once more.

Even though the topic of money makes me feel anxious, I deeply and completely accept myself anyway.

Good. Then we move on to the acupuncture points, the stress relief points that we tap on. And what we do is, we just repeat the issue that we're working on, we just name the problem as we're tapping on these points. This way it's like we're calling up the document, we're bringing it up in order to edit it.

The first point is your eyebrow point. It's above your nose at the beginning of the hair of either eyebrow. And just tap lightly there and name this problem. "The topic of money makes me anxious." Good.



The next point is the outside corner of either eye, there's a little V-bone there. Don't go all the way back into your hairline or your temple, just on the corner of your eye. Tap very lightly there and say: "The topic of money makes me anxious." Good, we're just repeating the problem.

And then under the eye: "The topic of money makes me anxious." The under the eye point is right on the bone under the eye.

The next point is under the nose on the upper lip: "The topic of money makes me anxious." Good.

The next point is called the chin point, and it's below your lower lip and above your chin, right in the crease there: "The topic of money makes me anxious." Good.

Collarbone: Now this point, you have two of these points. In acupuncture it's called K27, and it's right below the little knobs below your collarbone, but it's easier if you just put your hand in a light fist and tap there. Tap right there where the knot of a man's tie would be. Just tap there and I'm sure you're covering the points. And say: "This topic of money makes me anxious." Good.

And then the next point is called "under the arm" point, and it's about four inches under your armpit. And it's in your ribs, right down the middle there, as if you had a seam going up and down your body. Right there, four inches below your armpit, in your ribs. And say it again: "The topic of money makes me anxious." Good.

And then end on the top of the head, you just tap around in a circle up there, it feels really relaxing. And repeat it again: "The topic of money makes me feel anxious." Good, take a breath.

Good. Now what you do is, go back and measure the statement again: "The topic of money makes me anxious." Measure it on the 0-10 point scale and see how you feel now. And hopefully that number, that feeling of anxiety has dropped a little bit or a lot.

And what we could do is, go around one more time and keep relieving it and releasing it before we do the other exercises. So why don't you go right back to the eyebrow and say:

**Eyebrow:** I still feel anxious when I think of money.

**Side of the Eye:** the Topic of money still makes me feel anxious.

**Under the Eye:** the Topic of money still makes me feel anxious.

**Under the Nose:** Talking about money makes me feel nervous and anxious.

**Chin:** the Topic of money makes me feel nervous and anxious.

**Collarbone:** the Topic of money makes me feel nervous.

**Under the Arm:** the Topic of money, just talking about it, makes me feel anxious.

**Top of the Head:** the Topic of money makes me feel anxious.

Good. Take a deep breath. And measure again, 0-10, how does that feel to you when you say: "The topic of money makes me feel anxious"? And hopefully it's gone down again.

So let's move on.

## The Energy of Money Audio 1 Part 3

*(Total time: 7:29)*

**Carol:** We will be continuing to address the actual problem around money, which is your vibration about money. We all have a vibration around money, and it's probably not very high. So think about your current vibration around money and your current relationship with money.

If money and you were in a relationship, how do you feel about it? Do you feel resentful because there's not enough? Do you hold on really tightly because there's not enough? Do you hate it because other people have it and you don't? Are you insecure around money?

Just think about that in terms of a relationship, because that contributes to and forms your vibration. And if your vibration around money is not very high and is uptight and it's about scarcity and not enough, then that's going to inform your financial life. Of course it's important to think: How did you get this way? Where did you learn this vibration? Where did you get this vibration, where did it come from and what stories did you hear about money?

Of course we go right back to our families. Maybe your family taught you that money was bad, or that wealthy people are mean. Think about that; what did your family members say about wealthy people? You could even write this down. "My parents said that wealthy people were... what? And fill in the blank. Or maybe your parents were wealthy people and you didn't want to be like them. "My parents said-, " write this sentence down, this would be helpful, "My family said that money was..." And see if you can fill in a couple of blanks there.

So you could have a block to being wealthy because they taught you not to like wealthy people and you don't want to be one of them. That's very, very common. And it's sort of unconscious, you're not really aware that it's going on in your energy or your vibration. But the chances are, if you're listening to this, you do have a block to being financially wealthy, it came from somewhere and there are beliefs going on around wealthy people.

Let's say the truth is that you don't like wealthy people and you don't want to be one of them. 0-10, how true does that feel? "I don't want to be one of

them. I don't like wealthy people." How true does that feel? Even if it's embarrassing to admit it, 0-10, how true does that feel in your system? "I don't want to be one of *them*. They're..."

And let's use that as our setup phrase for an EFT sequence. So see if you can get a number on it though. "Oomph, when I think of being a wealthy person I feel upset. I don't want to be one of them." So that's our target, and now we'll start tapping on the karate chop point.

*(Starts at 3:20)*

**Karate Chop:** Even though I have a block to being wealthy, because they taught me not to like wealthy people, I deeply and profoundly accept my reactions and my feelings.

Even though I have a block to being wealthy, because they taught me not to like wealthy people, I accept who I am and how I feel.

Even though I don't want to be one of them, I accept who I am and how I feel.

Now we start tapping on the eyebrow point.

**Eyebrow:** I don't want to be one of them.

**Side of the eye:** I have a block to being wealthy.

**Under the eye:** I was taught that wealthy people are bad.

**Under the nose:** I was taught that wealthy people are bad.

**Chin:** I don't want to be one of them.

**Collarbone:** Wealthy people are bad.

**Under the arm:** I don't want to be one of them.

**Top of the head:** I don't want to be one of them because I was taught they are bad, or mean.

Good, take a breath.

Now this is a very different topic than the topic that money is bad, that's a whole other target that we could use. So see if you can measure that again. "They taught me that wealthy people are bad," or "I don't like wealthy people," see if you can measure again, 0-10, your emotion: "Even though I don't want to be one of them," and see if it's gone down at all. See if that level, on 0-10, has been reduced at all by our tapping.

We can do another quick round, we'll skip the karate chop point and just go to the tapping points.

**Eyebrow:** I was taught wealthy people are bad.

**Side of the eye:** No wonder I don't want to be one of them.

**Under the eye:** I was taught that wealthy people are evil.

**Under the nose:** No wonder I don't want to be one of them.

**Chin:** No wonder I'm blocking my financial abundance.

**Collarbone:** No wonder I have a block to being financially wealthy.

**Under the arm:** I don't want to be one of them.

**Top of the head:** They taught me not to like wealthy people, and I don't want to be one of them.

Good, take a breath.

So I hope this makes some sense, that if you learned from anyone in your family or from the community that wealthy people were evil, mean, bad rotten, anything like that, selfish, greedy, that then you would take on that message as a child and make a decision: "Well I'm not going to be one of them," and that can block you even if you're incredibly smart, incredibly hard working, and have a great job.

So measure that again, 0-10, how does that feel to you? "I don't want to be one of them. Wealthy people are bad." And hopefully the charge on that has gone down. If you need to listen to this track again and keep tapping on that, change the words to fit your situation, that may be very useful for you. And we'll move on to a target of *money* is bad.

## **The Energy of Money Audio 1 Part 4**

*(Total time: 6:16)*

**Carol:** So you can see as we're addressing the actual problem, your vibration about money, that if you think or were taught that money's bad or evil, it will of course affect your adult vibration around money.

So think of that: Money is bad. Say that statement out loud. That'll be our target: "Money is bad. Money is evil." How true does that feel to you in your body? And again, even if it doesn't sound rational to you, or adult to you – don't worry about that, we're trying to get the emotional charge that's true in your system.

So say the phrase: "Money is bad. Money is evil." Because you may have been taught that, and you may have been fighting that teaching your whole life and not doing it very well, because it was a program that was put in by your family.

So get the number, 0-10, 10 is the highest truth for that, the highest charge. "Ooh, that feels really true; money's bad." And of course it's connected to what we just tapped on about wealthy people, but this is different.

So that will be our target, and here's our setup phrase. Repeat after me while we're tapping on the karate chop point.

**Karate Chop:** Even though I'm convinced money is bad, that's what they taught me, I deeply and profoundly accept myself anyway.

Even though I'm convinced that money is evil and bad, I accept who I am and how I feel.

Even though I was taught and I'm convinced that money is bad, I accept who I am and how I feel.

Move to the eyebrow point.

**Eyebrow:** I'm convinced that money is bad.

**Side of the Eye:** It's a belief I've had forever.

**Under the Eye:** I'm convinced that money is bad.

**Under the Nose:** They taught me that money is evil.

**Chin:** and I believe them.

**Collarbone:** I believe them and I think money is bad.

**Under the Arm:** I've believed for years that money is bad and evil.

**Top of the Head:** I'm convinced that money is bad.

Good. Take a deep breath.

Now say the statement out loud again: "Money is bad. Money is evil." What's the charge on that now, 0-10? Compare it to the charge you had on it before we started tapping. Hopefully that's gone down a couple of points. And we'll do it again to keep clearing it.

Remember, we're changing your vibration around money so that your vibration can be higher and more joyful and more prosperous, and then the universe and the Law of Attraction responds to your vibration.

*(Starts at 3:28)*

**Karate Chop:** Even though I still think money's bad and I think it causes problems, I deeply and profoundly accept myself anyway.

Even though I'm still convinced that money's bad, I deeply and profoundly accept myself now.

Even though I have this really strong belief that money's bad, I accept who I am and how I feel.

**Eyebrow:** I'm convinced money's bad.

**Side of the Eye:** That's what they taught me.

**Under the Eye:** I assumed they were right.

**Under the Nose:** I think money causes a lot of trouble.

**Chin:** I think money causes a lot of problems.

**Collarbone:** I think money is bad.

**Under the Arm:** I think money is bad.

**Top of the Head:** That's what they taught me, and it's what I believe.

Good, now go right back to the eyebrow.

**Eyebrow:** What if money isn't the problem?

**Side of the Eye:** Maybe money isn't really evil.

**Under the Eye:** Maybe money really isn't that bad.

**Under the Nose:** I am willing to consider a new possibility.

**Chin:** I'm willing to consider that money isn't the actual problem.

**Collarbone:** Maybe money isn't the real problem.

**Under the Arm:** Maybe money's okay.

**Top of the Head:** I'm willing to consider a new belief about money.

Good, take a deep breath.

And now measure the statement again, "Money is bad, or evil." And measure the charge on that, on a 0-10 point scale. And again, hopefully it has gone down once more. If you need to stop this track and listen to it again – great, could be very, very useful. And change the wording according to your exact situation.



## The Energy of Money Audio 1 Part 5

*(Total time: 8:16)*

**Carol:** Another topic that we learn from our families and our society, is that many people believe you can't be spiritual *and* wealthy. So if people have applauded spirituality and appreciated that in your life, and they say you can't be that *and* wealthy – which is also just another limiting belief by the way – then as you move towards financial wealth, you'll feel a conflict in your system.

Now it's not necessary to find out exactly where you learned this, you know, if it was from your mother, father, or grandparents, or society. But just think about that topic: "Ooh, it's bad to be spiritual *and* wealthy, because you can't have one without the other." If I'm wealthy, it means I'm not spiritual." What about that sentence? How does that strike you? "If I'm wealthy, I'll no longer be spiritual." Or this statement: "I can't have one without the other"; "Having money isn't spiritual." So that's going to our target for this next tapping sequence.

So say that out loud: Having money or being wealthy isn't spiritual. 0-10, how true does that feel to you? What's the charge on that? "Being wealthy isn't spiritual." And you may even feel some disdain for wealthy people, you may even feel better than, because you think you're spiritual but poor. Whatever feelings come up are fine. "Being wealthy isn't spiritual," see if you can measure how truthful that feels to you, 0-10, and we'll start tapping on it.

*(Starts at 2:00)*

**Karate Chop:** Even though I can't be spiritual *and* wealthy, I deeply and profoundly accept all of me.

Even though a part of me wants to be wealthy and the other part wants to be spiritual, and I can't have both, I deeply and profoundly accept myself anyway.

Even though being wealthy isn't spiritual, that's what I was taught, I deeply and profoundly accept myself anyway.

**Eyebrow:** Being wealthy isn't spiritual.

**Side of the Eye:** I can't have both.

**Under the Eye:** My belief is that I can't be spiritual *and* wealthy.

**Under the Nose:** I can't have one without the other.

**Chin:** I'm convinced that I won't be spiritual if I become wealthy.

**Collarbone:** I was taught that you can't be both.

**Under the Arm:** and I've always assumed that it's true.

**Top of the Head:** I'm afraid that I can't be spiritual *and* wealthy.

Good, take a deep breath. Taking the deep breath just moves the energy through, helps it move through. And measure that again, your statement. "Being wealthy isn't spiritual." Or "I can't have both." Measure that again. Hopefully we're breaking up that strong belief and changing it a little bit. And we'll do another tapping round on that.

**Karate Chop:** Even though I can't have one without the other, I deeply and profoundly accept all of me.

Even though I have this conflict about being wealthy because I don't think it's spiritual, I accept who I am and how I feel.

Even though I have this conflict that I can't be wealthy and remain spiritual, I deeply and profoundly accept myself anyway.

**Eyebrow:** Having money isn't spiritual.

**Side of the Eye:** That's what they taught me.

**Under the Eye:** I can't have one without the other.

**Under the Nose:** I can't remain spiritual if I become wealthy.

**Chin:** They drummed that belief into me.

**Collarbone:** I want to be both!

**Under the Arm:** But I was taught that it's impossible.

**Top of the Head:** I can't be wealthy and spiritual at the same time.

Take a breath.

And measure that again, the conflict you have about being wealthy isn't spiritual. See if the numbers have gone down a little bit more.

Let's go right back to the eyebrow and tap a bit more positive round, and wording, and suggestions.

(Starts at 6:03)

**Eyebrow:** What if I could have both?

**Side of the Eye:** What if I could be deeply spiritual

**Under the Eye:** and Profoundly wealthy?

**Under the Nose:** I want to want to have both.

**Chin:** I'm ready to release this conflict.

**Collarbone:** I used to think money wasn't spiritual.

**Under the Arm:** But I'm starting to adopt a new belief about money.

**Top of the Head:** I'm starting to have new beliefs about being wealthy and spiritual.

Good, take a deep breath.

And if you find yourself having quite a lot of conflict about saying any of those positive suggestions, just tap again, continue to tap on what the conflict is. I'm not allowed to, I can't have it. Right now, go back to the eyebrow:

**Eyebrow:** I can't have both.

**Side of the Eye:** Yes I can!

**Under the Eye:** I'm not allowed to have both.

**Under the Nose:** Yes I can!

**Chin:** I'm not allowed to have both.

**Collarbone:** I *want* both.

**Under the Arm:** I appreciate allowing myself to be spiritual *and* wealthy.

**Top of the Head:** I appreciate me and I appreciate being both spiritual and wealthy.

Good, take a deep breath.

And measure that again on the 0-10 point scale, your conflict about having both. "Being wealthy isn't spiritual." And hopefully that has completely changed now and has all jostled up, which is good. We like to change the energy patterns. And we'll move on.

## The Energy of Money Audio 1 Part 6

(Total time: 8:59)

**Carol:** Remember, we're addressing the vibration about money and limiting beliefs you've learned from your family or society or our culture about money.

And another one that I heard from workshop participants when I was doing an Attracting Abundance with EFT workshop, was that people believed – and they believed it *deeply*, I mean down to their core – that you could be wealthy, but you couldn't be wealthy and happy.

And this combines the other two or three tapping rounds we've been doing, which is that you can't have both (the way you couldn't be spiritual and wealthy) and also, it combines some prejudices against wealthy people.

So a number of clients and workshop participants have said to me: "Well I learned that wealthy people aren't happy, I learned that if you're wealthy you're not *allowed* to be happy," and that's a different target, you can hear the difference there, "and that you just *cannot* be both." I had one client say to me that she grew up believing that money is the thing that actually makes you unhappy.

Now that feels like a really good statement to target for us today. So money makes you unhappy. Okay, so say that out loud: Money makes people unhappy. 0-10, how true does that feel? Now you might be thinking that if you have money it'll make other people unhappy, or if you have money it'll make you unhappy. Either way, choose your target, and let's say the statement is "Money makes people unhappy. And you can't be wealthy and happy." 0-10, measure that on the scale. How true does that feel?

So we're measuring and clearing limiting beliefs here. This belief, this conviction that money makes people unhappy; it's a little different than money is evil, money is bad. It has enough of a difference emotionally that I think it's an important new sequence to tap on.

So that's your statement: Money makes people unhappy. 0-10, how true? And we'll start tapping on the karate chop point.

(Starts at 2:26)

**Karate Chop:** Even though money makes people and makes me unhappy, I deeply and profoundly accept myself anyway.

Even though money makes people unhappy, I have seen it my whole life, I accept who I am and how I feel.

Even though money makes me and other people unhappy, I deeply and profoundly accept myself anyway.

**Eyebrow:** Money makes people unhappy.

**Side of the Eye:** That's just the truth.

**Under the Eye:** I learned that you can't be wealthy and happy.

**Under the Nose:** Money makes people unhappy.

**Chin:** I've seen it all my life.

**Collarbone:** Money makes people unhappy.

**Under the Arm:** I've seen it my whole life.

**Top of the Head:** You can't be wealthy *and* happy.

Good, take a deep breath.

Now this may be quite true for you, that you have seen mostly unhappy people who were wealthy, or the wealthy people you knew were unhappy. But what we want to do is change the energy around these beliefs, change the energy around money. So we keep tapping, and we start to break up the density of this belief.

Measure it again to see if anything happened in that first sequence of tapping. Money makes you unhappy, money makes people unhappy. Does that feel any different, or still totally true to you? Because what we do with the tapping is, we release the belief, the power of the energy and electricity of a belief – it's just that, it's just a belief, it's not fact.

We'll start again on the karate chop point.

**Karate Chop:** Even though I learned that money makes people unhappy, I deeply and profoundly accept myself anyway.

Even though I learned that money makes people unhappy, I accept who I am and how I feel.

Even though I came to learn that money makes everyone unhappy, so it's better not to have any, I accept who I am and how I feel.

**Eyebrow:** Money just makes people suffer.

**Side of the Eye:** You can't be wealthy and happy.

**Under the Eye:** I grew up believing that money makes you unhappy.

**Under the Nose:** I don't want to upset them by having money now.

**Chin:** I grew up believing that money makes you unhappy.

**Collarbone:** So I'm convinced that you can't be wealthy *and* happy.

**Under the Arm:** I'm convinced that you can't be wealthy *and* happy.

**Top of the Head:** I'm convinced that you can't be both, and I *want* to be both.

Good, take a deep breath.

Good, measure the statement again. "Money makes people unhappy." See if that's changed at all, if the charge on the points on the charge have come down at all about "Money makes people unhappy". Because if that's true for you, then you will block your becoming wealthy, financially rich, because you think you can't have both. So you won't want to be wealthy because you know in your belief system, it will cancel out the happiness.

Let's do one short round with positive suggestions.

**Eyebrow:** What if I *could* be wealthy and happy?

**Side of the Eye:** I want to be wealthy *and* happy.

**Under the Eye:** Just because I don't know anyone who has both,

**Under the Nose:** Doesn't mean that I can't have both.

**Chin:** What if I could be wealthy *and* happy?

**Collarbone:** I want to be wealthy *and* happy.

**Under the Arm:** I choose to be wealthy and happy at the same time.

**Top of the Head:** I love being happy *and* wealthy, and I know I can have both.

Good, take a deep breath.

And again, measure that, "Money makes people unhappy", and see if it's changed any more. And you may need to listen to this track again to keep tapping for this limiting belief that you learned as a child. So that you can understand that it's just a belief and that you can do anything you want, and if you'd like to be spiritual *and* happy *and* wealthy, that it's all up to you. So

keep tapping on this topic and if you'd like to change the words so that they fit your exact situation, that's fine.

## **The Energy of Money Audio 1 Part 7**

*(Total time: 9:52)*

**Carol:** I want to do some tapping with you about prosperity consciousness. Now, our consciousness about money and about the energy of money is what ends up becoming reflected and manifested in our lives.

So many times people will say "Well I'm not sure what my consciousness is about money." And the answer to that is: take a look at your bank account. Take a look at your finances, what kind of shape are they in? Because it's your consciousness, your internal vibration and belief, that informs the financial prosperity in your life.

So if we can build our prosperity consciousness internally, build it to be robust and strong and really alive and feeling like there's enough to go around, then that eventually – and sometimes quite quickly – gets reflected in our outside lives and the manifestations in our lives.

So the opposite, of course, of prosperity, is scarcity. Now again, we can go back to our lives, our families and our culture, what messages do you get about scarcity? The media teaches us so much about scarcity. The media does not teach us about prosperity. So sometimes we have messages from childhood that are connected to scarcity, there wasn't enough, they always said there wasn't enough, and there was real experience about lack. And then we grow up and listen to the news and it's the same thing.

But scarcity and prosperity are consciousnesses. They are vibrations. So if you have consciousness connected to scarcity, it does get reflected in your life. Remember, this isn't about working harder or working more hours, it's about changing this vibration, changing the energy about financial abundance and about prosperity. So maybe you were taught, or are being taught even right now, that there's not enough for you.

I had a client who said she was the youngest of five kids, there was never enough. By the time she came around there wasn't enough food, not enough clothing. So her real experience was that there's never been enough for her; that was true, that was an experience. So she developed a consciousness around never enough. So that's a belief that can be our target.



And then what we can do is, we can have a specific event as a target. Right, an event where, let's say there was a time when you wanted to buy something and it was embarrassing because your family didn't have enough money and they pulled out their wallet and no, there wasn't enough, so you had to be turned away. Or an event of a credit card being declined. Now what does that feel like? It feels embarrassing. But it teaches us about prosperity, about enough. Is there enough or is it about lack? Is there enough to go around?

I had an older client who said she grew up in such poverty that it... the poverty was all around food. So there was no prosperity and there was hoarding around food until the food would go stale because they needed to hold on to it because they never could get any more. And of course then that ruined everything, because they couldn't eat the food that they did hoard. So very confusing messages around prosperity of anything.

Why don't we start tapping on a belief. Let's say that your belief is: There's not enough for me. Maybe that's completely true for you. So say out loud: "There's never enough, or there's never enough for me." How true does that feel as a belief for you on a 0-10 point scale? "There's never enough for me." And you may have tons of experiences and events that prove that and that gave you that belief, but we're just going to measure the intensity on the 0-10 point scale right now of that truth. "There's never enough for me."

See if you can get a number, and we'll tap on that. Because we want to expand your prosperity consciousness.

*(Starts at: 4:49)*

**Karate Chop:** Even though there's never enough for me, I deeply and profoundly accept myself anyway.

Even though I have this belief that there's not enough for me, I accept who I am and how I feel.

Even though I'm convinced that there's not enough for me, there never has been, I deeply and profoundly accept myself anyway.

**Eyebrow:** There's not enough for me.

**Side of the Eye:** I've always lived in scarcity.

**Under the Eye:** That seems to be my vibration.

**Under the Nose:** There's never enough for me.

**Chin:** That seems to be my vibration.

**Collarbone:** There's not enough for me.

**Under the Arm:** and There never has been.

**Top of the Head:** There's never enough for me.

**Eyebrow:** There's never enough for me.

**Side of the Eye:** No wonder I have this scarcity consciousness.

**Under the Eye:** I've lived with the belief in scarcity.

**Under the Nose:** There's never been enough for me.

**Chin:** That's how I've lived my life.

**Collarbone:** There wasn't enough for me growing up.

**Under the Arm:** and I still feel that scarcity vibration.

**Top of the Head:** There's not enough for me.

Good, take a breath.

And again, this might have been true for your whole life, that you were the last in line and there was never enough for you, but we want to shake that up a little bit. So measure it again: "There's never enough for me." And many times, even with one simple round of tapping, the belief gets somewhat diluted. So see if anything's changed on that. "There's never enough for me and there's not going to be enough for me."

We want to stir it up with the energy tapping. Go back to the eyebrow and we'll do a little bit more on this.

**Eyebrow:** There never was enough for me.

**Side of the Eye:** So I don't expect there to be enough for me in the future.

**Under the Eye:** That's what I always lived.

**Under the Nose:** I'm convinced there won't be enough for me.

**Chin:** I'm convinced there won't be enough for me.

**Collarbone:** There's never been enough.

**Under the Arm:** So why would it change?

**Top of the Head:** There's never been enough for me.

**Eyebrow:** What if I could change this vibration?

**Side of the Eye:** What if it's simply a vibration?

**Under the Eye:** What if scarcity is a vibration?

**Under the Nose:** What if I could change my attitude about scarcity?

**Chin:** the Truth is, there hasn't been enough for me.

**Collarbone:** But what if I could change my energy about this?

**Under the Arm:** I'm looking forward to changing my energy.

**Top of the Head:** I'm looking forward to releasing this old belief about scarcity.

Good, take a deep breath.

And measure that again, "There's never enough for me." And again, it may have been factually true as a kid, but we want to break up that energy. We're changing your vibration about financial abundance. See if that's been stirred up a bit.

You can continue tapping and using the positive rounds and the negative rounds, and alternating them, to see if you can change that viewpoint and vibration going forward about scarcity.

## **The Energy of Money Audio 1 Part 8**

*(Total time: 7:45)*

**Carol:** It's very important to tap on old events around money. And I've heard stories so many times about embarrassing events around money when your parents didn't have enough or a credit card was declined or something happened that seems like a little trauma – trauma with a little T around financial abundance in your life.

So see if you can think of an event around money when you felt embarrassed or scolded or ashamed about what happened because there wasn't enough. So in other words, that not having enough growing up caused some feeling in you of embarrassment or shame. Maybe it was public, maybe something happened that was public.

And we're going to use very just general language to help you move through it. But this will apply for everyone who's got an event. And I've never met a single person who hasn't had some kind of an event around financial abundance when they were growing up.

So see if you can think of one. Oh right, that event when my parent's credit card was refused, or my credit card was refused, declined. And it was so embarrassing.

Oh that event when all my friends were able to have something that was expensive and my parents said "No, we can't afford it."

So we're choosing a target that is an event that happened, that left you with feelings. Now because embarrassment and shame are often feelings that happen around money, let's use that as a very global, general feeling.

So here's the statement: I was so embarrassed about what happened about money. Okay, so that's our setup statement, and measure that. How true does that feel? If this applies to you, embarrassed or ashamed, how true does that feel to you? "I was so embarrassed about what happened back then, around money."

Because what will happen, is that will stick with you around money, and then it makes the vibration around money less clean, more sticky, more heavy.

*(Starts at: 2:27)*

**Karate Chop:** Even though I was so embarrassed about what happened back then, because we didn't have enough, I deeply and profoundly accept myself anyway.

Even though I was so embarrassed back then about what happened, it was embarrassing not to have enough, I deeply and profoundly accept myself anyway.

Even though it was so embarrassing about what happened back then, it was so obvious we were too poor, I accept who I am and how I feel.

Go to the eyebrow point.

**Eyebrow:** This embarrassment about not having enough money is still in my system.

**Side of the Eye:** I still feel ashamed about not having enough.

**Under the Eye:** I still feel ashamed about not having enough.

**Under the Nose:** This embarrassment about money.

**Chin:** This embarrassment about what happened back then.

**Collarbone:** I felt humiliated.

**Under the Arm:** It was so embarrassing.

**Top of the Head:** and It was so clear to everyone we didn't have enough.

Good, take a breath.

And measure that feeling again, "I was so embarrassed about what happened," whatever the event was for you. And measure it again.

What we can do is, we can release the feeling of shame or embarrassment that's stuck in your body around money, around this incident – and maybe you have several incidents – and then that will change your vibration *today* about money. And when we change your vibration about money today, we can increase your prosperity and your prosperity consciousness.

Let's go back to the eyebrow and do a little bit more tapping on the feeling of shame. Now often, shame feels like your whole body is bad, and you are bad to the core. You're just inadequate and not enough. And that often comes up around money.

*(Starts at: 5:07)*

**Eyebrow:** This feeling of shame about what happened.

**Side of the Eye:** This feeling of shame about what happened.

**Under the Eye:** I was so ashamed and embarrassed.

**Under the Nose:** All that shame about what happened about money.

**Chin:** I was ashamed and embarrassed.

**Collarbone:** I was so embarrassed about what happened.

**Under the Arm:** It was so clear that we didn't have enough.

**Top of the Head:** and It cemented that belief inside of me.

Go back to the eyebrow.

**Eyebrow:** It was true back then.

**Side of the Eye:** We didn't have enough.

**Under the Eye:** It was embarrassing back then.

**Under the Nose:** We didn't have enough.

**Chin:** It was true back then.

**Collarbone:** We didn't have enough.

**Under the Arm:** It was true back then.

**Top of the Head:** We didn't have enough.

**Eyebrow:** But we could have enough now.

**Side of the Eye:** But there was never enough.

**Under the Eye:** I want more now.

**Under the Nose:** I want to increase my prosperity consciousness.

**Chin:** I want to have enough and feel like there's going to be enough.

**Collarbone:** There wasn't enough back then.

**Under the Arm:** and It was embarrassing.

**Top of the Head:** But I'm different now, and there *can* be enough, and there is enough.

Good, take a breath.

And measure again, that event when something happened around money that was embarrassing or shaming. And hopefully the charge on that has gone down.

If you need to tap on it again, please do. Because those old events will show up energetically and vibrationally in your life today, around money.

## **The Energy of Money Audio 1 Part 9**

*(Total time: 8:19)*

**Carol:** Let's do some brief exercises to build your prosperity consciousness with the tapping.

So we'll start with the statement: "I feel prosperous and abundant." Now 0-10, I want you to scale that. You may be only at a one or a two, but what we can do with the tapping is change that, change that energy.

So repeat that statement: "I feel prosperous." 0-10, how true is that? You may be really low, you may be under a five. And we'll do some tapping on it.

**Karate Chop:** Even though I don't feel very prosperous and it's obvious, I deeply and profoundly accept myself anyway.

Even though I try to feel prosperous but I don't, I accept who I am no matter what.

Even though I wish I could feel prosperous, but I don't, I deeply and profoundly accept myself anyway.

**Eyebrow:** I want to feel prosperous.

**Side of the Eye:** I want to feel abundant.

**Under the Eye:** But I don't.

**Under the Nose:** I feel such lack and scarcity in my life.

**Chin:** I wonder how I could feel prosperous.

**Collarbone:** I want to feel prosperity.

**Under the Arm:** I want to believe in prosperity.

**Top of the Head:** But I believe in lack.

Take a breath. Go back to the eyebrow.

**Eyebrow:** I want more prosperity.

**Side of the Eye:** and I understand now that it's a consciousness.

**Under the Eye:** I wonder where I could find prosperity in my life.

**Under the Nose:** It doesn't have to be about money yet.

**Chin:** I want to expand my prosperity consciousness.

**Collarbone:** I choose to expand my prosperity consciousness.

**Under the Arm:** I choose to feel prosperous right now.

**Top of the Head:** Even though I've believed in lack my whole life.

Good, take a breath.

And just say the statement again: "I feel prosperous." Is there any movement up in the numbers? Any lightening of that dark, lack feeling?

And you can keep tapping on this.

*(Starts at: 3:25)*

**Karate Chop:** Even though I've been feeling lack my whole life, I choose to increase my prosperity consciousness.

Even though I've been feeling lack my whole life, I choose to believe in prosperity now.

Even though I've had messages of lack my whole life, I choose to tune into a vibration of prosperity.

**Eyebrow:** I love the vibration of abundance.

**Side of the Eye:** I love the vibration of prosperity.

**Under the Eye:** I love the vibration of prosperity.

**Under the Nose:** I can feel prosperous in many parts of my life.

**Chin:** If prosperity is a consciousness,

**Collarbone:** Then I can change that.

**Under the Arm:** I choose to believe in prosperity.

**Top of the Head:** I do have plenty in my life.

Good, take a breath.

And just check that first number again on the "I feel prosperous." Is anything shifting, anything occurring to you? Now perhaps some more statements are coming up for you that seem more real and true that you could tap on to release the lack and scarcity feeling, which will automatically boost your prosperity consciousness.

*(Starts at: 5:23)*

**Eyebrow:** I love abundance.

**Side of the Eye:** I love prosperity.

**Under the Eye:** I love feeling prosperity.

**Under the Nose:** It feels so good to feel strong, abundant, and prosperous.



**Chin:** I love feeling abundant.

**Collarbone:** I can let go of many of those old, limiting beliefs.

**Under the Arm:** I can start a new belief right now.

**Top of the Head:** I choose a new belief in prosperity right now.

Good, take a breath.

So you can see, you can tap on anything – the negative, the positive, a belief, an emotion, an event. We have the power to build our prosperity consciousness from inside, it's not about the bank account. We are changing our vibration, our energy around financial abundance and money.

When we believe in prosperity, when we believe there's enough and that there's going to be enough; that starts to be reflected in our outside world. Doesn't matter what business you're in, whether you're selling services or research or selling products – it doesn't matter. When you change your consciousness internally – that there is enough and that there is prosperity – then it will change in your outside life.

So listen to these tracks again if necessary. You can take a new belief that you have and tap on that, you can take another event perhaps that you've had that's embarrassing or shaming or somehow scarring to you around money. Take something that someone in your life said to you, "Oh no, prosperity is bad," or "Money's bad," any of those statements, and tap on them until they no longer have a charge.

So what we're doing is releasing these old limiting beliefs, releasing the old energy about money, that you came by honestly, you learned it from your family. We're releasing the old energy, the old vibrations around money, and allowing new, more prosperous, abundant feelings and thoughts and vibrations around money to come into your life and into your consciousness.

It works, it works, it works, so keep tapping.

## **The Energy of Money Audio 2 Part 1**

*(Total time: 9:31)*

**Carol:** Let's continue with clearing the energy of money and clearing your vibration about it.

We put way too much on money. So in these exercises I'd like you to consider: what do you attach to cash and money? What is the actual meaning of money to you?

It's just, in our culture, in America, it's just green paper. In other cultures it's different colors. It's just like trading beads in old cultures, trading animals, livestock. It is an energy of exchange, and nothing more, and nothing less.

We are the ones who put too much on it, so to speak. Another thing about the energy of money is, it's critical that we keep this energy flowing. You often find people who are holding on to money really tightly in a miserly way, and not giving it away, and not buying or spending. And it doesn't do them any good, it's just sitting in a pile. But then there's no flow, there's no give and take. And that energy and that law of balance in give and take, is of utmost importance.

So consider what you might be attaching to, or putting on money. Now of course the biggie is love, right. Somehow we get messages growing up or from our society that the way people love is to give money.

Say some of these statements, we're going to tap on some of these:

I felt loved when they gave me money.

The only way they loved me was giving me money.

I wish I had been given love instead of money.

So see if that's a connection for you from your family, that somehow love and money were equated, they were put together or taken away, depending on your behavior. It's very, very common. You know, that's what people do, they say "I'm going to take away your expensive toy because you've been a bad girl or boy."

So if we're attaching love to money, how could we possibly have a clean and clear vibration about money as an adult? If we associate money with love and love with money, what kind of partner are we going to be looking for? It's going to get in the way of our adult maturity, and spirituality, and financial abundance, and romantic success, if we equate love and money.

So I want to do some tapping with you, some EFT, so that we can unhook the uncomfortable feelings about connecting love with money. Try this statement out: "The only way I felt loved was when they gave me money." Does that feel really true for you? Or "I wish they had given me love instead of money."

And what we want to do is, unhook this attachment. So maybe this statement is "I associate money with love. I think money equals love. I believe money and love are the same thing. Money and love are attached for me." And again, of course, this means the opposite side too, right, the lack of money or the lack of love.

How about we use that as a general statement? "Money and love are attached for me." How true does that feel to you, how anxious does that make you? And see if you can measure it on the 0-10 point scale. "Money and love are attached for me."

Because they shouldn't be. Money is separate, has its own energy, love is separate, has its own energy. You can't buy love. If you love money too much, you're barking up the wrong tree.

So let's tap on that. And you may get other statements, and other feelings or incidents that come up for you, that are holding on to a negative vibration about money in your system. And then you could write those down and use them as future tapping sequences for yourself.

*(Starts at: 5:01)*

**Karate Chop:** Even though the truth is money and love are totally attached for me, I deeply and profoundly accept myself anyway.

Even though the truth is money and love are totally attached for me, I accept who I am and how I feel.

Even though money and love seem to be attached for me and entangled, I accept who I am and how I feel.

That actually is a good word, entangled. Because that's what happens.

Go to the eyebrow point.

**Eyebrow:** Money and love have always been attached for me.

**Side of the Eye:** Sometimes I think money *is* love.

**Under the Eye:** Sometimes I think love is money.

**Under the Nose:** I get very confused about money and love.

**Chin:** I get very confused about money and love.

**Collarbone:** I think money and love are attached.

**Under the Arm:** I feel so entangled with money and love.

**Top of the Head:** I don't think I can separate them, and I think they mean the same thing.

Good, take a breath.

Now for some of you, if that seemed too dramatic and not really to speak to you, it's okay, you can keep tapping on it anyway. Or change the words to fit your situation. My point is that most of our culture somehow confuses these two. And again, if they're confused or entangled, these two topics, money and love – what's it going to do to your financial life as an adult? What is it going to do to your love life as an adult?

Say this: "I wish I had been given love instead of money." How high does that feel to you, (inaudible) on that 0-10 point scale? That yearning for love instead of money?

Let's do a little bit of tapping on that one.

*(Starts at: 7:32)*

**Karate Chop:** Even though they gave me money instead of love, and I wish I had had the love, I accept who I am and how I feel.

Even though I needed more love growing up, and instead they gave me things, I accept who I am and how I feel.

Even though I attached love and money, and it confuses me now, I accept who I am and how I feel.

**Eyebrow:** I'm still confused about money and love.

**Side of the Eye:** I wish they had given me more time and love.

**Under the Eye:** I didn't want more toys.

**Under the Nose:** I wanted their love.

**Chin:** I wanted their love.

**Collarbone:** I needed their attention.

**Under the Arm:** I needed their attention.

**Top of the Head:** No wonder I'm confused about money and love.

Take a breath.

And if this brought up any incidents that were painful for you, please use those as another tapping target, so that you can release this, any negative connection you may have between love and money, and any attachment you're putting on to money that it means love in your life.

## The Energy of Money Audio 2 Part 2

*(Total time: 9:26)*

**Carol:** The next place we, of course, start attaching too much to money, is our personal value and our personal worth. So people get net worth confused with personal worth.

Many times we were taught as kids, we saw it in some relationship, that people weren't worthy unless they had money. So maybe you watched poor people being treated inadequately because they didn't have money. Maybe you felt that way in your neighborhood or in your school.

The point is, if you don't feel worthy unless you have money, if that's an equation for you, it's a tap-able issue. Because it means your vibration around financial abundance is really complex; rather than money is money, money has an energy, and your personal worth has nothing to do with it.

So these sentences might ring true to you:

"I don't feel worthy without money."

Does that feel true to you?

"They don't think I'm worthy because I'm not rich enough."

"My family didn't value anyone unless they had money."

And that's very common, that people look up to people with money in a way that's inappropriate frankly, it has nothing to do with their values. But you may have witnessed someone treating people with money in a way that's too nice, compared to people who deserved to be treated well who didn't have enough money.

So how about we tap on this statement: "I don't feel worthy because I don't have enough money." See, what does that feel like? Does that feel true? "I don't feel valued, or I don't feel valuable, because I don't have enough money."

So here, what we're putting on money, is we're attaching personal value and worth to a cash value. And you can see why that would confuse you, get in the way, cause financial complexity, and really muddy the water.

So let's try tapping on that.

*(Starts at 2:19)*

**Karate Chop:** Even though I don't feel worthy or valuable because I don't have enough money, I deeply and profoundly accept myself anyway.

Even though I don't feel valuable or worthy because I'm not rich, I deeply and profoundly accept myself anyway.

Even though I don't feel valuable because I don't have enough money, I accept who I am and how I feel.

Go to the eyebrow point.

**Eyebrow:** I don't feel worthy without money.

**Side of the Eye:** I don't feel valuable without money.

**Under the Eye:** I don't feel worthy without money.

**Under the Nose:** I don't feel valuable because I don't have enough.

**Chin:** I devalue myself when I don't have enough money.

**Collarbone:** I don't feel valuable because I don't have enough money.

**Under the Arm:** I devalue myself and it's very sad.

**Top of the Head:** I don't feel worthy unless I have money.

Take a deep breath.

And measure that. How does that feel now, that statement "I don't feel valuable or worthy without money"? What we want to do is disconnect the personal value and the worth, so that you feel completely valuable based on self esteem, based on your commitments, based on your integrity and behavior and thoughts and feelings, rather than what's in your bank account. Because that is a slippery slope, and if that is your vibration around money, you'll get very confused and you'll have a mixed energy around money.

Let's do one more on that topic.

*(Starts at: 4:40)*

**Karate Chop:** Even though I don't think I'm worthy because I'm not rich enough, and I learned that from my family, I deeply and profoundly accept myself anyway.

Even though I don't think I'm worthy because I'm not rich enough, I accept who I am and how I feel.

Even though I don't think I'm worthy because I'm not rich enough, I accept that I *am* worthy, with or without money.

**Eyebrow:** I don't think I'm worthy because I'm not rich.

**Side of the Eye:** I devalue myself because I don't have enough money.

**Under the Eye:** I don't feel worthy because I'm not rich enough.

**Under the Nose:** My family didn't value anyone unless they had money.

**Chin:** So I feel devalued without money.

**Collarbone:** No wonder it gets so complicated.

**Under the Arm:** I feel so devalued unless I have a lot of money.

**Top of the Head:** I associate my value with money.

Good, take a deep breath.

So even if it's true that you grew up watching people value wealthy people more than poor people, you can change that. You can change that vibrational connection in your body and mind, and you'll feel so free when you do. You can clean up your vibration around money at any point. These are limiting beliefs, they're all electric and energetic, and we can change them.

Go back to the eyebrow point, and let's tap with some positive statements and notice what happens. If I say anything positive and you get a reaction that's negative to it, write the statement down, and then you can use that as a tapping sequence that you feel upset about.

*(Starts at: 7:10)*

**Eyebrow:** What if I'm worthy with or without money?

**Side of the Eye:** What if I'm worthy whether I have money or not?

**Under the Eye:** I wonder if I'm already valuable.

**Under the Nose:** I'm worthy right now.

**Chin:** What if I'm worthy with or without money?

**Collarbone:** What if I have incredible value, and self esteem, and worth, regardless of what's in my bank account?

**Under the Arm:** I am enough.

**Top of the Head:** I *am* valuable.



**Eyebrow:** I love feeling worthy.

**Side of the Eye:** I have personal value.

**Under the Eye:** I have personal worth!

**Under the Nose:** My personality is abundant.

**Chin:** I have so much personal value.

**Collarbone:** I have so much personal worth.

**Under the Arm:** I am worth everything.

**Top of the Head:** With or without money, I feel valued.

Take a breath.

Good. You may want to keep tapping on this topic and come up with some other statements that match your situation or your belief system. Because the more we can unhook this unhealthy attachment of personal worth to net worth, the sooner you will be able to vibrate in a fabulous place and bring wonderful opportunities that are financially abundant to you.

Remember, we're cleaning up your vibration around money.

## The Energy of Money Audio 2 Part 3

*(Total time: 8:50)*

**Carol:** What about the connection between power and money? This is the other biggie, that people connect power and money. And sure, let's talk about some of the reality: if you have gobs and gobs of money, you can be powerful in a way where you can purchase a house and a building and a business and luxury items.

But we want to separate powerlessness from the money topic. That feeling of "you can only feel powerful with money." I can help you with the tapping, and I've helped so many people. Feel powerful in a healthy way, with integrity; with or without money. And the feeling of powerlessness of course is a very low vibration, and can in fact repel financial abundance from you.

So see if there are any situations that remind you of this connection: Power and money, money is power. Even though I can't be powerful without money, I don't feel powerful unless I have money. Does that ring any bells for you, do you think of any situations or something that was said to you?

Because if we unlock these last three sequences – the connection of love and money, personal value and money, and power and money – money starts to be just what it is for you, which is an exchange of energy. And that's what we want it to be, because then it can be clean, it can be used for what its purpose is, and we can continue to enjoy deep abundance and personal joy in our lives.

So try this statement as our target: "I feel powerless without money." Say that out loud and see if you can measure it on the 0-10 point scale, how true it feels. "I feel powerless because I don't have money."

True? 0-10, how high is that powerless feeling? Because you're in your situation now and don't have enough. And we'll start tapping on it.

*(Starts at: 2:18)*

**Karate Chop:** Even though I feel powerless because I don't have enough money, I deeply and profoundly accept myself anyway.

Now, just as I was tapping on that sentence it occurred to me, of course more emotions might come up, so that might make you feel resentful, or

angry, or hurt. You can pause the recording and write that down, and use it as another tap-able issue at a later time.

**Karate Chop:** Even though I feel powerless because I don't have enough money, I deeply and profoundly accept myself anyway.

Even though I feel deeply powerless because I don't have any money, I accept who I am and how I feel.

Now of course everything is relative, some of you say you don't have any money and you've got a ton compared to other people, and some of you are literally down to your last few dollars. And that's fine, everything is relative.

Go to the eyebrow.

**Eyebrow:** I feel powerless because I don't have enough money.

**Side of the Eye:** I feel so powerless without money.

**Under the Eye:** I want to have money.

**Under the Nose:** I want to feel powerful.

**Chin:** I feel powerless without money.

**Collarbone:** I feel powerless without money.

**Under the Arm:** I've always felt so powerless around money.

**Top of the Head:** I feel powerless without enough money.

Take a breath.

And measure that belief now, and that feeling. "I feel powerless without enough money." Maybe you still feel that way, but has the number changed at all? I want to help you feel appropriately powerful with integrity, whether you have money or not. That will change your vibration so much. It'll change your vibration in an instant.

Karate chop, let's do it again.

*(Starts at: 4:37)*

**Karate Chop:** Even though I still feel powerless because I don't have enough money, I accept who I am anyway.

Even though I still feel powerless because I don't have enough money, I deeply and profoundly accept who I am.

Even though I still feel this powerless feeling around money, I just don't have enough, I deeply and profoundly accept myself anyway.

Go to the eyebrow point.

**Eyebrow:** I feel so powerless without money.

**Side of the Eye:** I don't feel powerful unless I have money.

**Under the Eye:** I'm tired of the ups and the downs.

**Under the Nose:** You can't be powerful unless you have money.

**Chin:** I hate that feeling of powerlessness.

**Collarbone:** I feel so powerless without money.

**Under the Arm:**

**Top of the Head:** I don't have enough, so I feel powerless.

Good, take a breath.

And measure that again, "I feel powerless without money." Is that *really* true? Do you really feel that as much? Because powerlessness, the Abraham-Hicks people who teach Law of Attraction, they say that that powerless feeling is the lowest, lowest one on the totem pole, and that when you feel powerless, people try to do anything to feel better from that.

And if you connect powerlessness with money, then you'll only feel powerful when you have money. It puts you into a terrible vibration and a terrible equation, a lot of which can be outside of your control. So I want to help you feel more powerful, with integrity, in your life and other places. Separate it from the money.

Go back to the eyebrow.

*(Starts at: 6:53)*

**Eyebrow:** I want to feel powerful in a good way.

**Side of the Eye:** I like feeling powerful when I work hard.

**Under the Eye:** I appreciate feeling powerful when I'm loving.

**Under the Nose:** I don't have to feel powerless all the time.

**Chin:** I'm going to disconnect money and power.

**Collarbone:** of Course I want more money, to buy things.

**Under the Arm:** But I'm going to disconnect power and money.

**Top of the Head:** I choose to feel powerful, no matter how much money I have.

Good, take a deep breath.

And keep tapping on your own if you think that would be useful, to continue to disconnect power from money, personal value from money, and love from money. We want to separate them. Love is love, personal value is based on who you are and you can't take that away based on finances. And your power, we want to build your power the way we want to build prosperity consciousness.

So regardless of how much money is in the bank, you can feel in love, be loved, be loving, feel as if you have deep personal value and worth and integrity and congruence, and personal power. That word power can be very confusing, right? But the idea of personal power being centered, being clear, knowing your own internal yes and no, *that* is real power.

## The Energy of Money Audio 2 Part 4

(Total time: 11:27)

**Carol:** Let's continue with solutions to change our vibration about money. When you clear your energy about money, you make much better decisions about money. That's what's so exciting, is that using these solutions and clearing the limiting beliefs, and the comfort zones, and the negativity around money, then we start making better decisions. We start attracting money in a whole new way.

So one thing that I love doing is using props, using props to continue to tap for your relationship with money. Our relationship with money is often fraught with negative feelings and maybe it's defensive, or angry, or resentful, or uptight. And if that's your relationship with money, that's the bad news. The good news is it can be cleared with energy tapping. So we want to continue to clear any negative vibrations around your thoughts, feelings, and connection to money.

Then it becomes simple. Then attracting money becomes very, very simple. We take out the complications, it's like in a relationship, if there's old resentment there, it's not very simple. So we want to take out all the tension and the emotions that are, really, contaminating the very simple energy of money.

So the first thing I do is help people – when we're talking about the actual cash – is help people by tapping on the energy of the *words*. Simply the words: money, cash, dollars. And if you're from another country, use the word that would match your currency.

So when you say cash, money, dollars, this is a great way to use the tapping. Do you feel tension in your body? What did these words mean to you or bring up for you? What do they trigger?

Now I have people, sometimes, write them down on a piece of paper – cash, money, dollars. Look at them, and measure the tension in your body, the tension in your body just by saying the words.

Now why is it important, I'm going to do a next exercise on the physicality of dollars and money, but why is it important to tap when we're thinking about

the words? Because we read them day in and day out, we hear these words on TV and from other people, we go to the bank and cash checks, we hear the words – cash, money, dollars, bills, statements – we hear that all the time. So it's in our regular language. You could walk down the street and hear seven different conversations about money. So when you hear it, it'll trigger something in you.

So you could write down the words on a piece of paper, and then read or just say them out loud to yourself: cash, money, dollars, currency, dollar bills.

I want you to measure the tension in your body. How uptight do you feel? The tension in my body when I think of money. When I say the word or think of money, I feel tension in my body. How true, how high is the tension, 0-10? And that's what we want to do: if we can reduce the tension in your body about the topic of money, a lot will change. This is a little similar to our initial sample exercise with EFT that we first did, but it's a little different.

So I want you to say out loud: cash, money, dollars. And write them down, write those words down on a piece of paper. You read the newspaper, you read a magazine, you read a letter, and it often has those words in it. You read emails, you look at internet sites; money, dollars, cash – all over the site. So it triggers tension and we don't even know it. So that's why I want you to focus on it, trigger it, and once we trigger it we can reduce it.

So measure the amount of tension in your body when you think of those words, or write them down, and we'll tap.

*(Starts at: 4:48)*

**Karate chop:** Even though the thought of money and cash makes me feel tense, I deeply and profoundly accept myself anyway.

Even though seeing those words makes me full of tension, I deeply and profoundly accept myself anyway.

Even though seeing those words, cash, money, dollars, makes me feel so tense in my body, I deeply and profoundly accept myself anyway.

And then tap on the eyebrow point.

**Eye brow:** All this tension in my body when I see those words.

**Side of the Eye:** All the tension in my body when I think of those words.

**Under the Eye:** All this tension in my body when I think of cash, money, dollars.

**Under the Nose:** All this tension in my body when I think of those words.

**Chin:** All that tension in my body.

**Collarbone:** I didn't know I had so much tension around this topic.

**Under the Arm:** I didn't know I felt so much tension around money and dollars.

**Top of the Head:** I feel so much tension in my body about money.

Good, take a breath.

When we're not aware that the topic of money and dollars is bringing up tension in our body, it will continue to contaminate our relationship with money. So this is why it's important to reduce physical tension, physical anxiety around money.

So let's do one more tapping round on the tension in your body. See if you can measure it now, 0-10. Did the tension go down at all when you think of or look at the words you wrote down – cash, money, dollars? Did the tension change at all?

Again, this can be very subtle, and it could be going on when we're not really paying attention to it consciously. But if we can reduce this tension, then your overall vibration about money will improve, and that's our goal.

*(Starts at: 7:38)*

**Karate chop:** Even though I still have physical tension when I think of money and cash, I deeply and profoundly accept myself anyway.

Even though I still have all this physical tension and I feel uptight around money and cash, I deeply and profoundly accept myself anyway.

Even though I still have this tension in my body around the topics and words *money* and *dollars*, I accept who I am and how I feel.

**Eyebrow:** I'm surprised about all the tension in my body.

**Side of the Eye:** I thought they were just words.

**Under the Eye:** All this tension about cash and money.

**Under the Nose:** All this tension about cash and money.

**Chin:** All this tension in my body about cash and money.

**Collarbone:** I didn't realize I was so uptight about money.



**Under the Arm:** I thought it was just money.

**Top of the Head:** I thought it was just *money*.

Take a deep breath.

That's probably the most important point; we all think it's just money, and we're not tracking the emotional tension and strain in our body. But again, if we can reduce this connection between physical tension and these words – cash, money, dollars – we will feel better about the topic, we will make better decisions about money, our overall vibration about money will feel calm and confident, instead of uptight and tense.

Let's go right back to the eyebrow.

**Eyebrow:** I want to feel calm when I think about money.

**Side of the Eye:** I choose to feel calm when I think about money.

**Under the Eye:** I want to feel calm and relaxed when I think of money and cash.

**Under the Nose:** I choose to feel calm and relaxed, even about the topic of money.

**Chin:** I choose to feel calm and relaxed about the topic of money.

**Collarbone:** I choose to feel calm and relaxed when I see those words, *cash, money, and dollars*.

**Under the Arm:** What a relief to feel calm and peaceful around those words, *money, cash and dollars*.

**Top of the Head:** I love feeling relaxed and comfortable around the topic and words of money.

Take a breath.

And measure that tension in your body again, hopefully it's gone down significantly. If you'd like to keep tapping on this topic, I recommend you change the words to suit your situation or use the words I've used, and continue tapping.

## The Energy of Money Audio 2 Part 5

*(Total time: 7:49)*

**Carol:** Now we move just one step forward, and what I recommend is that you take money out of your wallet or your purse or your briefcase, and put it on the table in front of you. I want to know what feelings cash brings up for you when you look at it and touch it. It's a little bit different from the words, and it's an important aspect that's different.

So where do you feel emotion in your body? Now you may feel emotion because I've just asked you to do an exercise and you don't have much cash in your wallet. Maybe you've gone to your briefcase or your wallet or your purse and there's not much there to take out.

But see if you can find some regular cash, put it on the table or desk in front of you, and I want you to look at it. What happens is, we get disconnected from our feelings around money, but the feelings end up running our life. We're not connected, we don't think we have feelings about money, but of course we do.

So look at the physical dollars, look at it on the desk in front of you, the table in front of you. Pick it up, whether it's a one, a five, a ten, a twenty or whether you're in pound sterling or francs, or whatever you're working with, Euros. Francs, that's funny.

So look at the physical dollars, how do you feel? What does it do to you to see them? So where in your body do you feel tension or emotions? Is it in your chest, your stomach, your head? Very important to connect.

Now some of you might feel as if this is really mean and I'm torturing you, because it feels so terrible – if you can't clear this, you can't change your energy about money. So we definitely want to do this.

So look at the dollars, I'm going to just keep saying dollars, but wherever you are and whatever country, put that on the table for you. Look at your currency; how do you feel? Resentful? Angry? Maybe money makes you feel sad.

Say this statement, here's our target: I feel confused about money. I have all these emotions about money. That's more likely for 90% of you listening,

that we all have several emotions around money. Some of you might feel guilt. These emotions connected to money. 0-10, how high are the emotions? All these feelings about money. So when you look at money and you get the emotions, how high are they, 0-10?

And I'll say a bunch of different words for the feelings, but choose yours. Is yours anger? Resentment? Guilt? Sadness? Anxiety?

*(Starts at: 3:15)*

**Karate Chop:** Even though I have all these emotions about money when I see it, I deeply and profoundly accept myself anyway.

Even though I feel guilt, anger, resentment around money, I accept who I am and how I feel.

Even though I feel upset when I think of money and look at it, I accept who I am and how I feel.

**Eyebrow:** All these feelings about money.

**Side of the Eye:** These emotions about money.

**Under the Eye:** I feel some anger about money.

**Under the Nose:** I feel some resentment when I look at my currency.

**Chin:** When I look at the money on the table, I feel angry.

**Collarbone:** When I look at the money on the table, I feel *angry*.

**Under the Arm:** I'm surprised at all these feelings about money.

**Top of the Head:** I'm surprised about my complex emotions around money.

Take a breath.

So when we use a prop, like putting currency and dollars on the table in front of you, you go back to that, look at it again, check the feeling in your body and check those emotions, whether it was anger or resentment, sadness or guilt. Check it again, write it down if that would help. What does it feel like to you now?

And then we'll start tapping again.

*(Starts at: 5:20)*

**Karate Chop:** Even though I have these emotions when I look at money, and I didn't know I did, I accept who I am and how I feel.

Even though I have a lot of emotion about money, and it surprises me, I accept who I am and how I feel.

Even though I have all these emotions, anger, resentment, hurt, sadness, about money, I deeply and profoundly accept myself anyway.

**Eyebrow:** All these emotions about money.

**Side of the Eye:** All these emotions about money.

**Under the Eye:** This anger about money.

**Under the Nose:** My resentment towards money.

**Chin:** My sadness when I see that money.

**Collarbone:** I even feel some guilt when I look at the money.

**Under the Arm:** All these emotions about money.

**Top of the Head:** All these feelings when I look at the money.

Good, take a breath.

What's so important about this exercise is that you might look at physical currency five times a day, shopping for food for dinner, going to the bank, doing an errand, going to the post office. And these emotions happen in your body and mind every single time you pull out your wallet. And if you're not aware of them, then they've got you by the tail.

So that's what we're doing, identifying feelings in our mind and in our body, which are totally connected, identifying the feelings, clearing them out with a tapping by using the props, so that we can feel as clean and clear about the energy of money and the vibration of abundance as possible.

## The Energy of Money Audio 2 Part 6

*(Total time: 13:17)*

**Carol:** Now I want to tap on another part of money that usually upsets us. I want you to get a pile of your bills, for heat, for rent, for student loans, your mortgage, anything. Gets some bills out of the drawer and put them in front of you. This is really, really important. Maybe a tax bill needs to be there.

Take a look at them. How do you feel? You're looking at these bills, look at the numbers. You know you have to pay them every single month. So the first thing you do is measure, and look for, the tension in your body. Where is it?

I've asked you to look at a pile of bills. Who likes to look at bills? No one. But if you have complicated, upset, disturbing feelings about paying your bills, that contributes to your overall vibration and energy about money, and we're trying to clean it up.

So as you look at your bills, and maybe there's one that really gets to you. Maybe it's a tax bill, or a mortgage, or your rent, or a student loan. Look at them, which one really gets to you? And when you look at it, how do you feel?

I think I'm going to use the word resentment, because that's come up with a lot of my students, where they feel resentful about having to pay taxes and resentful about rent, even though they know that's what we all do.

So look at the bill. If resentment isn't the right word for you, then change it. As a tapping target, you've got the bills in front of you, measure the intensity of your emotion about these bills. Maybe it's about not enough, and that you don't have enough. Maybe you just feel anxiety about the thought of paying bills. Maybe you feel angry and resentful.

I think what I'll do is an overall anxiety, maybe more of you could relate to that. So say out loud: "I feel anxious when I see my bills and think about paying them." 0-10, ten being the highest, how anxious are you? And we'll start tapping.

(Starts at: 2:26)

**Karate Chop:** Even though I feel intense anxiety when I look at all these bills, I deeply and profoundly accept myself anyway.

Even though I feel intense anxiety when I look at all these bills, I deeply and profoundly accept who I am.

Even though I feel intense anxiety when I look at these bills, I accept who I am no matter what.

**Eyebrow:** This intense anxiety.

**Side of the Eye:** I don't want to look at these bills.

**Under the Eye:** I don't want to pay them.

**Under the Nose:** All this anxiety about paying bills.

**Chin:** All this anxiety about paying the bills.

**Collarbone:** I can feel the anxiety in my body.

**Under the Arm:** All this anxiety about paying bills.

**Top of the Head:** All this anxiety about paying bills.

Good, take a deep breath.

And look at the prop again, look at the bills in front of you. How does the anxiety feel now? Now nothing's changed in your *life*, but what we're doing is changing the energy. See if you can measure it now, did the anxiety go down at all?

And think about where you got this. I just had a memory of my father paying bills when we were kids – it was awful, he was always in a bad mood when he had to pay the bills, and he'd find something on there that we had shopped for or my mother had bought for us, something small for school, and there just wasn't enough money. So he was tense and uptight and cranky when he had to pay the bills.

So just see if there are any memories that come up about your childhood, about bill paying, what does it mean, what happens if you get a late bill and a late charge.

Let's tap on that again and continue to reduce the intensity of the anxiety. So look at the bills again, or the one, let's say there was one that made you really upset, start tapping.

*(Starts at: 5:03)*

**Karate Chop:** Even though I still feel this anxiety and tension about paying my bills, I deeply and profoundly accept who I am.

Even though I still feel this tension and anxiety about paying bills, I accept who I am and how I feel.

Even though I still feel anxious and irritable when I look at my bills, and I don't want to have to pay them, I deeply and profoundly accept myself anyway.

**Eyebrow:** I feel anxious when I think of paying the bills.

**Side of the Eye:** I don't want to have to pay my bills.

**Under the Eye:** What if there's not enough?

**Under the Nose:** I'm afraid there's not enough to pay my bills.

**Chin:** What if there's not enough?

**Collarbone:** No wonder I feel anxious about paying my bills.

**Under the Arm:** No wonder I feel anxious about paying my bills.

**Top of the Head:** Just the topic and looking at my bills makes me uptight.

Good, take a breath.

Now look at the bills again, see if you can measure 0-10, how is that anxiety in your body now? Has it moved to a different area? Has the number gone down? Has the anxiety been replaced with another emotion (anger, resentment, sadness, fear)?

If you have too many strong emotions about paying bills, you contaminate your energy around money. That's why we want to keep tapping on it. So let's try again.

*(Starts at: 7:20)*

**Karate Chop:** Even though I have all this anxiety about paying bills, I deeply and profoundly accept myself anyway.

Even though I feel stuck when I go to pay my bills, I accept who I am and how I feel.

Even though I know my energy around money is confused when I think of paying bills, I accept who I am and how I feel.

**Eyebrow:** My anxiety around paying bills.

**Side of the Eye:** I resent paying my bills.

**Under the Eye:** I feel blocked emotionally about paying my bills.

**Under the Nose:** There are so many feelings about paying my bills.

**Chin:** I didn't realize how many feelings I had about paying bills.

**Collarbone:** I hate paying bills.

**Under the Arm:** I've always hated paying bills.

**Top of the Head:** Especially taxes.

**Eyebrow:** I resent paying bills.

**Side of the Eye:** I don't want more money to go out.

**Under the Eye:** I need more money coming in.

**Under the Nose:** I resent paying all these bills.

**Chin:** I don't want to have to put more money out.

**Collarbone:** I don't think I have enough as it is.

**Under the Arm:** Look at all those bills.

**Top of the Head:** Everybody wants something from me.

Good, take a breath.

And measure again, all this anxiety about having to pay bills. How does that feel on the 0-10 point scale?

And if any of those other additional comments that I said spoke to you – that could be another tap-able issue. When I said “Everybody wants something from me, there's always something.” Or, as I said, it could trigger this feeling of “But there's not enough going in and out.”

**Eyebrow:** There's not enough coming in.

**Side of the Eye:** There's too much money going out.

**Under the Eye:** There's not enough money coming in.

**Under the Nose:** There's not enough money coming in.

**Chin:** No wonder I feel fearful about paying my bills.

**Collarbone:** I'm afraid to pay bills.

**Under the Arm:** What if there's not enough?

**Top of the Head:** I'm afraid to pay the bills.

**Eyebrow:** What if there *is* enough?

**Side of the Eye:** What if I could calm down when I pay the bills?

**Under the Eye:** What if I could feel calm and relaxed whenever I pull out my checkbook?



**Under the Nose:** What if I could feel calm and peaceful when I pay online?

**Chin:** I want to feel calm, even when I pay the bills.

**Collarbone:** I want to clean up my energy around the bills.

**Under the Arm:** I want to feel strong and confident, even when I pay the bills.

**Top of the Head:** I choose to feel calm and peaceful, even when I'm paying bills.

Good, take a deep breath.

And look at that pile of bills one last time, or the big bill that really bothers you. Take a look at it, measure the anxiety in your system, or the fear, 0-10. Hopefully it's gone down considerably by now.

And you can continue tapping on any of these props that give you a charge in your body. Remember, what we're trying to do is release negative energy connected to money, finances, property, anything like that. So when we reduce the negative feelings, money becomes money. It becomes an energy of exchange that we need in our society, but you can disconnect it from anger, resentment, guilt, poverty, feelings of anxiety or tension. It's incredibly useful.

So you may want to do these exercises several times, on the cash, and the money, and the currency, and the bills. Keep tapping until those topics, those words, those props, the cash, doesn't trigger you. That's what we want – a clean, smooth feeling inside of you, even if you have to pay the bills.

## The Energy of Money Audio 3 Part 1

*(Total time: 7:38)*

**Carol:** It's essential to be congruent with the amount of money that you want to earn a year. So we're going to do some EFT exercises on tapping for your potential earning. So the question you need to ask is: Can you see yourself as a \$100,000/year earner, if that's your number. Maybe your number is \$200,000, maybe you're aiming for \$50,000, maybe you're aiming for half a million.

Say out loud: "I earn \$100,000 a year". Or: "I earn double the salary I have now." How does that feel to you? If you don't feel congruent with it and your reactions are "No, that's not me, I can't do that, that wouldn't be me," then you've got conflicted, and then you can't get there.

So if it doesn't seem possible to earn that much, let's call it doubling your income, if it doesn't seem possible or you don't feel deserving, then you've got some more tap-able issues.

So say out loud: "I can picture myself doubling my earnings." How true does that feel? Or picture yourself with double amount of last year's income – how does that make you feel? So imagine that you have doubled your income, or just imagine your number, the number you want, the amount of money you want to earn next year or this year, the big dollar amount that you want. I want you to picture that amount, even write it down for you right now. Write it down, and when you look at it, write down the sentence: "I'm currently earning..." and then fill in the blank with a new number, with a number that you want. "I'm currently earning \$250,000 a year."

What we're looking for is the anxiety or the emotions that are in conflict, because that's what we tap on. So write down your sentence: "I'm currently earning..." and then fill in the blank with the amount that you want, a million dollars a year, \$100,000 a year. And what you do with that is, you measure the anxiety which is a reflection of the non-congruence.

So you measure the anxiety or the discomfort or the "Ooh, that doesn't feel right." We're measuring the discomfort you have when you say "I'm currently earning..." and you fill in the blank with your number that you want. So get a number on it, 0-10, how upset does that make you? How

uncomfortable is it? How awkward does it feel when you say it? And then we start tapping.

*(Starts at: 2:57)*

**Karate Chop:** Even though I feel very anxious about reaching my goal earning power, I deeply and profoundly accept myself anyway.

Even though I have this surprising anxiety inside when I picture myself with what I want, I deeply and profoundly accept myself anyway.

Even though the thought of earning that much money makes me very nervous, I accept who I am and how I feel.

**Eyebrow:** I want to earn that much.

**Side of the Eye:** But I can't earn that much.

**Under the Eye:** It doesn't even seem possible to earn that much.

**Under the Nose:** I feel so upset at the thought of earning that much.

**Chin:** It doesn't feel very congruent for me.

**Collarbone:** I thought I wanted to earn that much.

**Under the Arm:** I'm so surprised that I can't see myself there.

**Top of the Head:** I thought I wanted to earn that much.

Good, take a deep breath.

I can't tell you how important this is, because people name a number and they never deal with the energetics. They never deal with the electricity, they never deal with the lack of congruence that they feel with earning that. They just say "Oh yep, I want to earn a million dollars next year. Oh, that's what's on my goal list." And they're not dealing with the conflict. And the conflict is everything.

Repeat the sentence again: "I'm currently earning..." and fill in the dollar amount that you want, and see how is the discomfort now on the 0-10 point scale after tapping? Hopefully it's gone down a little bit or a lot.

And we'll tap some more.

*(Starts at: 5:19)*

**Karate Chop:** Even though I'm very uncomfortable imagining myself earning that much, I deeply and profoundly accept myself anyway.

Even though I can't picture myself earning *that* much, I choose to feel calm and peaceful with that number.

Even though I'm surprised at how uncomfortable I feel earning that much, I deeply and profoundly accept myself anyway.

**Eyebrow:** What a surprise, that I'm so uncomfortable!

**Side of the Eye:** What a surprise that I don't really want to earn that much.

**Under the Eye:** I do want to earn that much.

**Under the Nose:** But it doesn't feel right.

**Chin:** It doesn't feel like me.

**Collarbone:** Is that really possible?

**Under the Arm:** Could I really earn that much?

**Top of the Head:** Is that really me?

Good, take a deep breath.

So you see, we're getting into identity issues again, "Is that you?" Now say the sentence out loud or even write it down again: "I am currently earning..." and you fill in the dollar amount that you want. How does it feel now, does it feel more possible? Does it feel more congruent?

So we're hoping that the number of anxiety and distress has gone down when you even say the sentence out loud.

Now let's continue with some deserving issues and safety issues, other conflicts that can come up around doubling or dramatically increasing your annual salary.

## The Energy of Money Audio 3 Part 2

*(Total time: 4:52)*

**Carol:** So we touched on the identity issue, you know, "Is this me, does that really feel like me?" What about the safety issue? So when you imagine yourself earning so much money, whatever that dollar amount is for you, does it feel safe?

So here would be our target for EFT. Say out loud: "I feel safe earning..." and then you fill in the dollar amount, the high amount that you want that's much more than you have now. "I feel safe earning X dollars."

Now many of you will be surprisingly low. 0-10, 10 would be "Yes, totally true, I feel totally safe." A lot of you will be a 4 or below, which tells you that you have this conflicting energy in your system. So you keep running around trying to make that amount of money and talking about it, but your energy and your electricity is saying "Nope, nope, can't do that, not safe." And it's in your unconscious and conscious mind, but you don't feel safe.

So that's the target: "I feel safe earning..." fill in the blank. How true is it? Probably pretty low. And then we'll tap and hopefully the number, in this case the number will go up. So when you say the statement it feels good, it feels true, it feels like a yes to you.

*(Starts at: 1:30)*

**Karate Chop:** Even though the truth is I don't feel safe earning that much money, I deeply and profoundly accept myself anyway.

Even though the energetic truth is I don't feel safe earning that much money, I accept who I am and how I feel.

Even though the truth is I don't feel safe earning *that* much money, I accept who I am and how I feel.

**Eyebrow:** I didn't know how unsafe I felt.

**Side of the Eye:** I don't feel right or safe earning that much.

**Under the Eye:** I don't feel safe earning that much.

**Under the Nose:** Here comes that safety issue again.

**Chin:** I don't feel safe earning that much.

**Collarbone:** I wonder how they would react.

**Under the Arm:** I'm experiencing how I would react.

**Top of the Head:** and It feels surprising to me.

**Eyebrow:** I thought I wanted that much money.

**Side of the Eye:** I do.

**Under the Eye:** But it doesn't feel safe to earn that much.

**Under the Nose:** I don't feel safe earning that amount of money.

**Chin:** I don't feel safe earning that much money.

**Collarbone:** This surprises me, but I know it's true.

**Under the Arm:** All these feelings of danger are coming up.

**Top of the Head:** I don't feel safe earning that much money.

Good, take a deep breath.

Now what you want to do is measure that again, "I feel safe earning..." and fill in the blank, and see if the number goes up at all. Are you feeling a little better? Because we're reducing the tension and the conflict. Are you feeling a *little* better, being able to say that sentence out loud? "I feel safe earning..." and you fill in the dollar amount that you're looking for.

Now because we didn't put an exact dollar amount in, this is a wonderful track to listen to again and again, and keep bumping up the money, keep bumping up the number each time you do it, until you feel safe earning just outrageous abundance for you. So you want to test it by saying "I feel safe earning this amount," seeing how true it feels, 0-10, and then going from there.

## The Energy of Money Audio 3 Part 3

*(Total time: 5:34)*

**Carol:** Deserving issues. Say out loud: "I deserve to earn..." and then fill in the blank with that dollar amount that, for you, really signifies the abundance that you want. "I deserve to earn..." and fill in the blank. Does that feel true at all?

Again, if you don't feel deserving, then that's going to block your abundance because the energy around, the vibration around the money, is going to be low and conflicted and confusing.

So you may walk around with a dollar amount that you want in your head, \$100,000, \$250,000, and if you don't feel deserving, then you're going to block it. I always tease people and say: "If you don't feel deserving and it doesn't feel congruent to you, I could give you a check for a million dollars, and you're going to lose it on the way to the bank."

So here's your statement to check, here's the target: "I deserve to earn..." fill in the blank. How does that feel to you? If that feels uncomfortable and you only feel deserving at about a 3 or a 4 on a scale of 0-10, we've got a lot of tapping to do on that.

And both the safety issue that we just tapped on and the deserving issue, they may go back to a specific event in your life. Maybe you don't feel safe earning more money because of an event that happened? Maybe you're afraid to be a target, maybe you don't want to stand out? So you may come up with a specific event around safety or this deserving issue. But for now we'll work on the emotion.

*(Starts at: 1:43)*

**Karate Chop:** Even though the truth is I don't feel deserving of that much money, I deeply and profoundly accept myself anyway.

Even though the truth is I don't feel deserving of that much money, I accept who I am and how I feel.

Even though the truth is I don't deserve to earn that much money, I accept who I am and how I feel.

**Eyebrow:** I don't feel deserving.

**Side of the Eye:** It's sad.

**Under the Eye:** But it's true.

**Under the Nose:** I don't deserve to earn that much.

**Chin:** I think you do.

**Collarbone:** But I don't feel deserving right now.

**Under the Arm:** When I think of that much, I don't feel deserving.

**Top of the Head:** I wonder why I don't feel deserving.

Good, take a deep breath.

And measure the statement again, "I deserve to earn..." and fill in the blank. And maybe it's gone up a little, so that you feel more deserving. Or maybe a past event has surfaced now, and you understand why you don't deserve it. Or maybe you just don't feel deserving because your parents didn't make that much money.

But again, we're working towards congruence. You need to be congruent with the dollar amount that you want to earn. Remember, money is just an energy of exchange. So you need to be congruent with that dollar amount that you're going to be paid, that new salary number, no matter what your job is, or else you're do something to sabotage it.

Go back to the eyebrow.

*(Starts at 4:00)*

**Eyebrow:** I still have some of these deserving issues.

**Side of the Eye:** I still have some of these deserving issues.

**Under the Eye:** I wonder where they came from.

**Under the Nose:** I still have some of these deserving issues.

**Chin:** I still have some of these deserving issues.

**Collarbone:** I still have some issues about deserving to earn that much money.

**Under the Arm:** I still have some deserving issues.

**Top of the Head:** I still have some of these issues about deserving that much money.

Good, take a breath.

Say the statement again: "I deserve to earn..." fill in the blank. And hopefully by now, after a couple of rounds, the tension around that has gone



down, and you've either discovered why you have a deserving conflict or/and the number has gone up, because we're measuring the truth now, and you feel more deserving to earn that actual amount.

Remember, we want congruence with the amount of money that you're looking to earn in your life, or else you'll sabotage it. It happens every time.

## The Energy of Money Audio 3 Part 4

*(Total time: 7:40)*

**Carol:** Talking about congruence and wanting to be lined up energetically with earning a high amount of money for yourself, you need to release other feelings that might be getting in the way.

One of the exercises that I have found incredibly useful for everyone is, think of someone who has what you want. Think of someone who has the position at a company, has the job you want, has the amount of luxury in their life that you want, the car, the spouse, the house, the... whatever. Someone that has what you want, someone who maybe retired at age 40 and has nothing but free time. Think of someone that has what you want. Do you feel any envy, or jealousy, or upset? Because if you do it means you're not congruent with getting what you want.

So if someone else has it and you feel irritated about it through envy or jealousy, then you're not congruent. But the good news is, it's a tap-able issue. Remember, we're cleaning out and clearing out any conflict around the energy of money.

So right now, think of that person that has something that you want; something that you really, really want financially or around money. And measure either the envy, or the jealousy, or the upset; how high is that? How high is just that frustration or envy that they have what you want?

Okay, let's call it envy. 0-10, how high is that feeling when you think of them having landed the job that you want, or buying the house in the area that you want, or having the expensive car?

Yes, we're talking about money, and the energy of money in this series. You know, most of you who've heard me before, that when I talk about abundance, I mean abundance in every area of your life, from spirituality to love. But in this case we're talking about financial and material wealth.

So think of that envy and jealousy, and we need to tap and clear it out.

*(Starts at: 2:23)*

**Karate Chop:** Even though I feel deep envy when I think that he's got what I want, I accept who I am no matter what.

Even though I feel upset that he or she has what I want, I accept who I am and how I feel.

Even though someone else has what I want, and it hurts to know that, I deeply and profoundly accept myself anyway.

**Eyebrow:** I hate this feeling of envy.

**Side of the Eye:** I hate feeling so jealous.

**Under the Eye:** When I think of them I feel envy.

**Under the Nose:** They have what I want.

**Chin:** and It doesn't feel very good to me.

**Collarbone:** They have what I want.

**Under the Arm:** and It doesn't feel very good to me.

**Top of the Head:** They have what I want, and it doesn't feel very good to me.

Take a breath.

Now think of this same person and the same object, so that you don't switch on me, and measure the number of envy now. See if it's gone down at all.

What we want to do is neutralize that feeling of envy, because envy complicates and becomes a conflict for you getting what you want. So it means when you think of someone who has what you want, instead of feeling good and excited and optimistic and "Hey, if they can get it, I can get it," you're stuck in a negative energy of envy or upset.

Let's do another round on that.

*(Starts at: 4:30)*

**Karate Chop:** Even though I feel deep envy when I notice that he's got what I want, I deeply and profoundly accept myself anyway.

Even though I feel this envy, because I know he's already got what I want, I accept who I am and how I feel.

Even though I can feel this upset inside, when I notice that they have what I want in my life, I accept who I am and how I feel.

**Eyebrow:** I feel this envy and upset.

**Side of the Eye:** It doesn't feel very good.

**Under the Eye:** But he or she has what I want!

**Under the Nose:** It doesn't feel fair.

**Chin:** I'm working really hard.

**Collarbone:** and I want what I want.

**Under the Arm:** But I don't really like this feeling of envy.

**Top of the Head:** I don't like feeling this upset connected to what I want.

**Eyebrow:** This remaining envy.

**Side of the Eye:** I wonder if I could turn it around.

**Under the Eye:** I don't like this feeling of envy.

**Under the Nose:** But I can't help it, I feel it.

**Chin:** I want what he has.

**Collarbone:** I want what she has.

**Under the Arm:** I feel upset when I know that they have what I want.

I feel upset that they have what I want.

**Top of the Head:** I want to release the feeling of envy.

Good, take a deep breath.

Remember, envy is an energetic pattern as much as hurt, anger, fear or joy is. All our emotions are energetic patterns, and we can release this feeling of envy which is associated with a person who has what you want, and we can turn it around.

So think of that person again that has something that you want, and measure the envy now. Hopefully it's gone down again. Much more tolerable, maybe not even on the radar anymore. Because we can change these energetic patterns to help you become completely congruent with the energy that you want to have around money and abundance.

## The Energy of Money Audio 3 Part 5

*(Total time: 8:33)*

**Carol:** One of the beautiful ways to turn around feelings of jealousy or envy or upset, is to bless someone else's success. This may not feel very easy for you, but what I want you to do is, imagine one of those people again who has what you want that makes you feel uncomfortable.

And maybe you have a belief or a feeling that they didn't go about it with integrity, or that they got it and they didn't deserve it, or that you're working harder and you should've been chosen. Those are the negative feelings, they may be true, they may reflect exactly what happened, but we want to reduce the intensity of those negative feelings.

So think of someone who has something else that you want, or someone where you feel resentful and irritated because it doesn't seem fair, and we're going to tap on that for a little bit before we bless their success.

So say out loud: "It's not fair that they have it and I don't." This is a very powerful feeling that ruins a lot of our energy. "It's not fair that they have what I want." 0-10, how true does that feel? "It's not fair." And you're thinking of one particular person that has what you want.

0-10, get a number. How true does that feel, how unfair does it feel? How high is that charge? And we'll start tapping.

*(Starts at: 1:34)*

**Karate Chop:** Even though it is just not fair, that they have what I want, I deeply and profoundly accept myself anyway.

Even though it's not fair that they have what I want, I accept who I am and how I feel.

Even though it doesn't feel fair that they have what I want, I choose to feel calm and peaceful.

**Eyebrow:** But it doesn't feel fair.

**Side of the Eye:** It doesn't feel fair.

**Under the Eye:** It's not fair.

**Under the Nose:** It's not *fair*.

**Chin:** It's not fair that they have what I want.

**Collarbone:** and They didn't go about it in the right way.

**Under the Arm:** No wonder I feel angry about it.

**Top of the Head:** They're succeeding, and I don't like how they're doing it.

**Eyebrow:** I hate this feeling of unfairness and injustice.

**Side of the Eye:** It's not fair that they have what I want.

**Under the Eye:** I feel angry about it.

**Under the Nose:** It is simply not fair.

**Chin:** It's not fair, no matter what.

**Collarbone:** I don't like these feelings.

**Under the Arm:** And I want what I want.

**Top of the Head:** Maybe it doesn't matter that it's not fair.

Take a deep breath.

Well of course it always matters if it's fair or not fair, the point is: How many minutes a day do you want to ruin your mood and your vibration by focusing on the injustice that you feel?

Picture them again, the person who's got what you want, and measure that statement again: "It's not fair that they have what I want." – measure that again, how does that feel? Hopefully just the charge on it, that nasty feeling of unfairness and injustice, has gone down a little bit, because we're tapping on the charge in your energy system.

Now go back to the eyebrow.

*(Starts at: 4:20)*

**Eyebrow:** It's simply not fair.

**Side of the Eye:** It's simply not fair.

**Under the Eye:** It's just not fair.

**Under the Nose:** It's just not fair.

**Chin:** It doesn't feel fair to me.

**Collarbone:** and That's okay.

**Under the Arm:** It doesn't feel fair and it isn't.

**Top of the Head:** It just doesn't feel fair.

**Eyebrow:** But I want to feel better about it.

**Side of the Eye:** I want to change my energy around money.

**Under the Eye:** I want to feel better about it.

**Under the Nose:** I am choosing to change my vibration around money.

**Chin:** It just doesn't feel fair to me.

**Collarbone:** and That's okay.

**Under the Arm:** It feels like the truth.

**Top of the Head:** But I want to feel better about this.

**Eyebrow:** I'm happy for him because he has what he wants.

**Side of the Eye:** I choose to bless his success.

**Under the Eye:** I'm happy for her because she has what she wants.

**Under the Nose:** I'm happy for both of them.

**Chin:** I'm happy for all of them.

**Collarbone:** But I want what I want.

**Under the Arm:** and That's okay.

**Top of the Head:** I choose to bless their success.

**Eyebrow:** They're able to get it.

**Side of the Eye:** They must've done something right.

**Under the Eye:** That means there's hope for me.

**Under the Nose:** If they can get it, I can get it.

**Chin:** I choose to bless their success.

**Collarbone:** I choose to bless their abundance.

**Under the Arm:** I love blessing other people's abundance.

**Top of the Head:** I choose to bless their abundance.

**Eyebrow:** I choose to bless their abundance.

**Side of the Eye:** I choose to feel good about their success.

**Under the Eye:** I can feel happy for all of them.

**Under the Nose:** I bless their success.

**Chin:** and I know that I'm on my way.

**Collarbone:** I choose to bless their success.

**Under the Arm:** and That feels good.

**Top of the Head:** I choose to bless their success.

Good, take a deep breath.

So when you can bless someone else's success when they have what you want, that's good. Because the feeling of blessing and appreciating them, helps you change that energy around envy, jealousy or upset, and it moves you closer to congruence. So instead of resenting someone for having what

you want, you bless them, you appreciate them, and that will allow you to move towards what you want.



## The Energy of Money Audio 3 Part 6

*(Total time: 6:24)*

**Carol:** To continue healing your energy around money, you want to clear your stories about money. And we did that in the beginning, and let's do a few more tapping rounds on stories or emotions that you learned about money.

Now I had a client who said he was afraid to lose the money once he got it, because that's what happened with his father. So he was convinced that he couldn't be successful, because if he got there the danger is he would lose it. And he said "I know it sounds backwards, but if I never have it, I don't risk losing it."

So if that rings true for you at all, say out loud: "I'm afraid I might lose it once I have it." 0-10, how high is that fear? It definitely comes into our business life and our financial life and how we operate at work. If we're afraid to lose it, we'll keep a lid on our success. 0-10, how high is the fear, "I'm afraid I'll lose it"? And tap along with me.

*(Starts at 1:08)*

**Karate Chop:** Even though I'm afraid to lose the money once I get it, I deeply and profoundly accept myself anyway.

And remember, this is very different than the energy flow where money needs to come in and go out, come in and go out, this is a fear that people have of losing *all* of it. Maybe in the market, maybe from someone embezzling funds, maybe from someone stealing it from them, maybe from a bad business decision; it's very different. We want the flow in and out, but in this case it's different.

**Karate Chop:** Even though I have this fear that I'll lose it once I get it, I deeply and profoundly accept myself anyway.

Even though I have this fear that I might lose it once I get it, no wonder I'm blocking the money from coming in, I deeply and profoundly accept who I am.

Go to the eyebrow point.

**Eyebrow:** I'm afraid I'll lose it.

**Side of the Eye:** No wonder I block abundance.

**Under the Eye:** I'm afraid I'll lose it.

**Under the Nose:** No wonder I block financial abundance.

**Chin:** I'm so afraid I could lose it once I get it.

**Collarbone:** I know people that have done that.

**Under the Arm:** I remember those stories.

**Top of the Head:** What if I lose it when I get it?

**Eyebrow:** I remember hearing those stories.

**Side of the Eye:** and I don't want to be like those people.

**Under the Eye:** It feels safer not to have it to begin with.

**Under the Nose:** I don't want to lose it.

**Chin:** I feel that risk.

**Collarbone:** I don't want to lose it.

**Under the Arm:** No wonder I sabotage my financial abundance.

**Top of the Head:** I'm so afraid I'll lose it.

Good, take a deep breath.

So we're just telling the truth. We're saying "Here's the truth, I have a fear that I'll lose it once I get it, so therefore it feels safer to sabotage getting financial abundance to begin with."

Measure that statement again, "I'm afraid I'll lose it once I get it," see what that feels like to you. See if the fear has gone down at all or if new statements have come in, maybe new stories have come in. Go back to the eyebrow.

*(Starts at: 4:18)*

**Eyebrow:** I'm not like those people.

**Side of the Eye:** I know it can happen.

**Under the Eye:** But it doesn't mean it's going to happen to me.

**Under the Nose:** What if I don't lose it?

**Chin:** What if I use it wisely?

**Collarbone:** I want to keep that in and out balance moving smoothly.

**Under the Arm:** I love earning wonderful amounts of money.

**Under the Arm:** I love paying for what I want to pay for.

**Top of the Head:** I love the ebb and flow of money.

**Eyebrow:** I love that ebb and flow of money.

**Side of the Eye:** I choose to feel a balanced feeling around money.

**Under the Eye:** I choose to feel confident around the topic of money.

**Under the Nose:** I choose to feel calm and peaceful about money.

**Chin:** There is enough.

**Collarbone:** There is plenty to go around.

**Under the Arm:** There's plenty of money for all of us.

**Top of the Head:** I don't need to fear that I'm going to lose it.

**Eyebrow:** That's an old pattern, and I choose to release that belief right now.

Good, take a deep breath.

Measure the fear again: "I'm afraid I might lose it once I get it," 0-10. Hopefully that fear has gone down quite a bit. And as I said, we're not suggesting that that doesn't happen to some people, but it doesn't have to be your story.

## The Energy of Money Audio 3 Part 7

*(Total time: 7:08)*

**Carol:** Another variation of a story you may have learned or heard, and you may believe it in your energy system is, that money is hard to get.

So say that out loud: "Money is hard to get." If that feels true for you, you will always make it a struggle. You won't understand commerce and the in and out, and the ebb and flow, and understanding how to attract your perfect clients or customers. If you have this belief, money is hard to get, then it will interfere with the patterns of attracting financial abundance in an easy way.

So say that statement: "Money is hard to get," and measure how true that feels to you on the 0-10 point scale, 10 being the highest. You might think "Oh, well of course it is, that's a 10," some of you may be much lower.

*(Starts at: 0:55)*

**Karate Chop:** Even though the truth is money is hard to get, and there's not enough of it anyway, I deeply and profoundly accept myself anyway.

Even though the truth is money is hard to get, I accept who I am and how I feel.

Even though the truth is money is hard to get, I accept who I am and how I feel.

**Eyebrow:** The truth is, money is hard to get.

**Side of the Eye:** I believe that with every bone in my body.

**Under the Eye:** Money is hard to get.

**Under the Nose:** Money is hard to get.

**Chin:** What if this is just an energetic belief?

**Collarbone:** Money is hard to get.

**Under the Arm:**

**Top of the Head:** Money is hard to get, that's just the truth.

Take a breath.

Well our beliefs feel like the truth to us. Repeat that one again, “money is hard to get.” Tune into your body, 0-10, how true does that feel now, “money is hard to get”? Hopefully it’s gone down just a little bit or a lot.

We’ll do another round on that, because it’s a very common belief that many people hold, and they don’t even recognize that it feels true to them. It’s so true, they never question it.

*(Starts at: 2:50)*

**Karate Chop:** Even though money is hard to get, I deeply and profoundly accept myself anyway.

Even though the truth is money is hard to get, I choose to start believing something new.

Even though I’m convinced that money is hard to get, that’s the story I was always told, I deeply and profoundly accept myself anyway.

**Eyebrow:** I believe money is hard to get.

**Side of the Eye:** and I know exactly where I got that belief.

**Under the Eye:** and I’ve watched other people live it.

**Under the Nose:** Money is hard to get.

**Chin:** What if I turned that belief around?

**Collarbone:** Money is hard to get.

**Under the Arm:** What if it’s not?

**Top of the Head:** What if it’s simply a belief pattern?

Take a deep breath.

Measure it again, “money is hard to get.” Hopefully what we’re doing is loosening up that very intractable, hard belief around the energy of money, and you can release it more and more. So hopefully the number has gone down, we’ll do a little bit more tapping on that.

*(Starts at: 4:38)*

**Eyebrow:** I used to believe that money is hard to get.

**Side of the Eye:** But I’ve decided it’s not as hard as I thought it was.

**Under the Eye:** I’m considering changing my energy around money.

**Under the Nose:** What if it’s really not that hard to get?

**Chin:** What if I tune into abundance and find that it’s not that hard?

**Collarbone:** I appreciate that I’ve been healing my relationship with money.

**Under the Arm:** and the Whole topic already feels better.

**Top of the Head:** What if money is easy to get?

**Eyebrow:** Then what?

**Side of the Eye:** What will that do to my belief system?

**Under the Eye:** Money feels hard to get.

**Under the Nose:** No it doesn't.

**Chin:** That was just someone else's story.

**Collarbone:** I appreciate the energy of money.

**Under the Arm:** I appreciate how easily I attract money.

**Top of the Head:** I love attracting money with ease and comfort.

Good, take a breath.

Now measure that again, "money is hard to get," and hopefully that intensity has gone down dramatically now. If you need to tap along with that track again, feel free, change the words to whatever you want.

But remember all that we're working on, they're beliefs and energetic patterns and we have the power and the ability and the wherewithal and the tools to change those patterns. That's all they are, they're electronic and energetic patterns. And we're tapping into the energy in our body and mind, and we can release these beliefs that feel so strong to us, they feel like the truth. But we can release them with the tapping and change our energy about money.

## The Energy of Money Audio 3 Part 8

*(Total time: 5:30)*

**Carol:** So the vibration of abundance, as I said earlier, is just that; abundance is a vibration, it's not a dollar amount in your bank account. And when we can tune in to the vibration of abundance, it's not about money, it's about all the other feelings of optimism and joy. And when we're there, the money comes to us. And I know that can sound too simple but it's true and it happens.

So I want to talk to you about just a couple of abundance games, we'll do a little more tapping if necessary. All the tapping we've done has helped you reduce the charge and the conflict and the confusing energy around money for you. And once you reduce the negativity, well then money is not such a big deal. And when it's not such a big deal, you'll notice that it can come to you, you can attract it in new ways.

So here are some games that always trigger the Law of Attraction to work for you and it always raises your vibration. Favorite, of course, the appreciation list or gratitude list. And you don't just need to say that you're grateful for money in your life, you may not be. If you're experiencing financial hardship right now, you may not be grateful for anything financial. It's not the content of your gratitude or appreciation list, it's the feeling.

So if you could write an appreciation list every day for what's in your life, that feeling of appreciation is a feeling of abundance. No it's not about money, and that's okay.

So that's a very special list to do, it's so simple, don't forget to do it. So you might write a list, at the top you might say: "Ten things I appreciate in my life." I'm so grateful for this, I appreciate this, I'm so appreciative that I have (blank) in my life. Very, very simple; incredibly powerful. A lot of bang for the buck with appreciation and gratitude lists.

Another one that I just love doing is a list, I write it at the top of my page: "I love it when..." Isn't that a wonderful feeling? "I love it when..." and then I fill in the blank. And what does this have to do with money? The feeling of "I love it when," and imagining, and picturing, and emotionally and physically feeling something good in your life, is the vibration of abundance. So you

can continue to reduce the negativity around money by focusing on positive things in your life.

So your list might be:

"I love it when I get wonderful, creative ideas at work."

"I love it when I get surprised by money coming in."

"I love it when I get new ideal, perfect customers in my business."

"I love it when things work out in my family."

"I love it when I finish early and I can go home on time."

So again, it's the feeling of "I love it when," not the content. If you can make a list of things that you "love it when" about financial issues, go ahead; that would be very good for you. But many people have such loaded feelings about financial issues that I recommend they leave those aside and just do the lists about appreciation, gratitude and love about other topics. Because it'll put them in that place of gratitude and appreciation, and that feeling of abundance, even though we're not talking about money.

Another list I love, top of the page I write: "Ten things I love about my life." Write them down. What do you love about your life? They don't have to be huge. You can love a new pair of sneakers that you bought, you can love the lamp in your living room, you can love that you live in a quiet space, you can love the view from your living room window, you can love the novel you're reading right now. Again, keep it small, but it's connected to that *feeling*.

For me, I love walking in the park and seeing all these incredible dogs, because I can't have a dog – or that's my belief – because I live in New York City. So I love being able to witness all these people with their lovely dogs, I get to pet them, I get to play with them, I get to see them, I wave at them, I communicate with them. And I love that about the little park.

Now let's do some Thank You tapping in our next segment, because the vibration of thank you is, again, about appreciation and love, and it's very, very powerful as far as overall raising your energetics, raising your vibration.

So we'll take a brief pause and then do some Thank You Universe tapping.



## The Energy of Money Audio 3 Part 9

*(Total time: 5:52)*

**Carol:** So for this segment we're not measuring the negativity or the extent of an emotion on the 0-10 point scale, we're just going to do Thank You tapping, Thank you Universe, while we're tapping. And just see how it feels to tap on the acupuncture stress relief points while you express Thank You to the Universe, or Thank you to the Law of Attraction.

And I always like to say: "Thank you Universe for bringing me..." and then I fill in the blank. But it feels really good. You can write out this list or you can do it while you're tapping.

**Eyebrow:** Thank you Universe, for me bringing me a creative solution to that problem at work.

Doesn't that feel good? You can do a whole round of that, or you can mix it up.

**Side of the Eye:** Thank you Universe, for bringing me so many creative solutions.

**Under the Eye:** Thank you Universe, for solving that problem in my family.

**Under the Nose:** Thank you Universe, for solving that problem so creatively.

**Chin:** I'm so grateful to the Law of Attraction for that creative solution.

**Collarbone:** I was really worried about that problem.

**Under the Arm:** Thank you Universe, for bringing me such a creative solution.

**Top of the Head:** Thank you Universe, for bringing me such a creative solution to that problem.

Good, then you take a breath.

And then you may come up with another thing that you want to thank the Universe for that's not here yet, but you know it's on its way. So maybe you would do it about a business idea or a joint venture.

**Eyebrow:** Thank you Universe, for bringing me the most incredible joint venture opportunity.

**Side of the Eye:** Thank you Universe for bringing me that joint venture

opportunity.

**Under the Eye:** It's perfect for me.

**Under the Nose:** Thank you Universe for bringing me such a perfect business opportunity.

**Chin:** Thank you Universe for bringing me so many opportunities.

**Collarbone:** I feel such prosperity right now.

**Under the Arm:** Thank you Universe for bringing me so much prosperity.

**Top of the Head:** and Through so many channels.

Take a breath.

So you can see how easy this is, it feels wonderful. What about, let's talk just about financial money, just about money.

**Eyebrow:** Thank you Universe for bringing me so much money that I don't even know where to invest it!

Right, that would be a good problem to have, right?

**Side of the Eye:** Thank you Universe for bringing me so much money.

**Under the Eye:** I'm not even sure where to invest it.

**Under the Nose:** Thank you Universe for bringing me such a windfall of money.

**Chin:** I love having so much money to purchase what I want.

**Collarbone:** and I love giving away some of my money, it feels so good.

**Under the Arm:** Thank you Universe for sending me such an overflow of financial abundance.

**Top of the Head:** It feels so good.

**Eyebrow:** I love what money can buy me.

**Side of the Eye:** I love that my energy around money has improved.

**Under the Eye:** I love feeling so calm about money.

**Under the Nose:** Thank you Universe, for allowing me to feel calm and peaceful about money.

**Chin:** Thank you Universe, for allowing me to feel so peaceful about money.

**Collarbone:** I appreciate all the financial abundance in my life.

**Under the Arm:** Thank you Universe for all these surprising channels of financial abundance.

**Top of the Head:** I am open to many new channels of financial abundance.

Good, take a breath.

So you can use that for anything you want. Again, you could write out the list, I love writing it out. But I also love tapping for it, saying "Thank you Universe, for bringing me..." and then you just fill in the blank. You might say "for bringing me so much love in my friendships, so much equality in my friendships." "Thank you Universe for bringing me the perfect new mate, the perfect friendships, the perfect business partners."

You can use this Thank you Universe tapping for anything you want. And again, you can alternate from point to point, or you can do one or two rounds just on one topic. And it's a lot of fun, feels good. I can already feel the difference right now, I feel great having done those Thank You tappings.

## **The Energy of Money Audio 3 Part 10**

*(Total time: 3:57)*

**Carol:** Alright everyone, thank you so much for listening. It has really been a pleasure going through all these exercises, and I just want to remind you again: energetically, you can heal your relationship with money. You can enjoy financial abundance peacefully.

You can release any anger you have about old stories connected to money. You can release any resentment you feel about other people who have money. You can release resentment toward old business partners, or your family members who haven't handled money very well. You can release envy and jealousy, you can release hurt. Maybe there's an old event we didn't tap on where you felt really hurt by what someone did with financial abundance and you.

You can tap on the idea that money isn't spiritual, that wealth isn't spiritual. Well of course it's spiritual. We are spiritual beings, and when we're deeply connected to our source and our spirit, money becomes easier to attract. It's the people who use money for the wrong reasons and chase money and love money, rather than love how they can help people and themselves with money, that's where the energy is off.

So there are thousands of tap-able issues, as you can see by now. You can tap on, as I said: anger, resentment, hurt, what about loneliness? Maybe money has made you feel lonely. Maybe you experienced money separating you and a loved one. Loneliness, hurt, frustration, shame, embarrassment, guilt. Maybe you feel guilty about something you did with your money, something you didn't do. Maybe you weren't very generous at a time in your life, maybe you don't feel generous now.

All of the emotions are tap-able issues. You make them into a target, choose a setup phrase, and start tapping. So all the emotions are tap-able issues, and all those old events are tap-able issues.

Maybe you remember after all the tapping and these recordings, you remember someone said something to you about money, and it really stuck. And you didn't realize it, it wasn't necessarily repressed material, but you weren't aware of it until we did this tapping.

Maybe there are other events where you saw people fight around money, so you ended up thinking that money is bad, money causes conflict, money causes problems.

So all of those are tap-able issues, every emotion, every event, and every symptom when you look at money, feel money, talk about it. When you feel anxious in your chest – it's a tap-able issue. When you feel sick to your stomach about the thought of paying your mortgage – that's a tap-able issue.

So what we do is we enter the acupuncture system, the meridian circuitry of energy and electricity in your body and mind, and reduce and clear all that negative energy so you can heal your relationship with money.

And of course we want, all of us want to have love and friendship and depth, and emotional peace, as well as the money. So what we do is, we help you with the tapping, get to those emotional states of comfort and ease and confidence, and that helps your money vibration as well.

So thanks again for listening, this is Carol Look,  
[www.attractingabundance.com](http://www.attractingabundance.com).

## **Other Resources**

Attracting Abundance

<http://www.attractingabundance.com>

A Vibrational Approach to Healing Pain and Illness

<http://www.attractingabundance.com/paindvds.html>

Healing the Cycle of Addiction

<http://www.attractingabundance.com/addiction.html>

Success & Abundance with EFT & the Law of Attraction DVD set

<http://www.attractingabundance.com/successdvds.html>

How to Lose Weight with EFT – Audio CDs

[http://www.attractingabundance.com/lose\\_weight\\_cds.html](http://www.attractingabundance.com/lose_weight_cds.html)

The Vibration of Abundance

<http://www.attractingabundance.com/vibe12.html>

Clearing Clutter with EFT

<http://www.attractingabundance.com/clutter.html>

From Overwhelm to Clarity

<http://www.attractingabundance.com/eft/from-overwhelm-to-clarity/>

## 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/ Meridian Tapping** and the **Law of Attraction** to clear limiting beliefs, release resistance and build “prosperity consciousness.” With a distinguished background in traditional psychotherapy, Carol discovered that combining energy healing methods with her classic training brought incredible results to her clients and unlimited success to her practice.

Before becoming an **EFT Master**, Carol was trained as a **Clinical Social Worker** and earned her Doctoral Degree in **Clinical Hypnotherapy**. Since discovering **EFT**, Carol has been a pioneer, bringing unprecedented innovations to the application of Meridian Tapping techniques, and publishing her work for the benefit of others

A pioneer and leading voice in the **EFT/ Meridian Tapping** community, Carol is well known for her four seasons as an internet radio show host and as the author of the popular books, **Attracting Abundance with EFT** and **Improve Your Eyesight with EFT** (also available as e-books with companion audio recordings.) She has also produced several audio CD sets and downloadable programs titled **The Vibration of Abundance**, **Business Abundance Now**, **Pain Relief with EFT**, **Clearing Clutter with EFT**, **From Overwhelm to Clarity**, and **Eliminating Your Fear of Public Speaking**, as well as DVDs on the topics of attracting abundance and healing pain and illness. Carol is also the author of two of the field’s classic training manuals, **How to Lose Weight with Energy Therapy** and **Quit Smoking Now with Energy Therapy**.

Carol appears as a practitioner and energy therapy expert in the DVD documentary **“The Tapping Solution”** as well as in the documentary focusing on helping veterans suffering from PTSD, **“Operation: Emotional Freedom.”**

Carol has closed her private practice in order to focus on writing and recording new training products and teaching “live” **EFT/Meridian Tapping** workshops to practitioners and lay people around the world.