***“I'm afraid I can't have what I want.”****​*

**Class #2 - Tapping Transcript**

**Disclaimer:** This transcript has been edited; however, there may be English or grammatical errors since it is spoken English, as opposed to written English. Please ignore the errors (or let us know where they are so we can correct them). ☺ Enjoy the call!

***Let’s declare our intention….***

Let’s call in our guides and angels.

Thank you, thank you, for this opportunity to heal the wounds, the boo boos, the pains, the traumas, the experiences of the past, those things that keep us from stepping into the fullness of who we are, those things that stop us and say, *“You better not,” “You better be safe.”*

Thank you for giving us the opportunity to heal.

Thank you for giving us the opportunity to know ourselves differently and to show up differently in the world.

We are grateful.

And so it is.

***Let’s start tapping…***

Top of the head:

*Even though I have this fear that I can’t ask,*

*I have this belief that it’s not okay for me to ask for something,*

*It’s not okay that I want something more that I have,*

*Because I’ve been told time and again, “Don’t ask.”*

*“Don’t ask.”*

*Or I’ve been made wrong for asking.*

*“You don’t want that.”*

*“No, you don’t want that.”*

*“She doesn’t know what she wants.”*

*“He thinks he wants it but now, he doesn’t really want that.”*

*“Don’t give it to him.”*

*“No, he doesn’t want that.”*

*Or “You didn’t do this good enough so you don’t deserve. You can’t have that.”*

*Or “You should be ashamed of yourself for asking.”*

*“What makes you think you can have that?”*

*“Who do you think you are?”*

*All of these past thoughts, past experiences, past teachings and trainings and traumas and situations, all of these, have taught me that it’s not okay to ask.*

*And even though I’ve learned it well that it’s not okay to ask,*

*I deeply and completely love and accept myself.*

*I love myself.*

*I love who I am and how I show up in the world.*

*I love me.*

*And I love that I can expand beyond that vision of who I know myself to be at this moment.*

*I don’t have to stay who am just like a tree will not stay the way it is today.*

*It will change and grow and expand and evolve and develop new branches and reach higher to the sun and fill itself and clothe itself of beautiful leaves and flowers.*

*I do not have to stay the sapling.*

*I do not have to stay the seedling.*

*I do not have to stay that I can grow into the magnificence that I came here to be.*

*It’s what I came to do.*

*And it’s okay for me to ask for the food and the water and the sun and the soil to feed me so that I can grow into who I came to be.*

*It’s okay to ask.*

*Everything in nature asks.*

*It asks for what it needs so that it can grow into its own magnificence.*

*Just because someone, once upon a time, thought I was not enough for a job, doesn’t make it so.*

*Just because someone, once upon a time, thought I was not enough for a role, doesn’t make it so.*

*Just because someone, once upon a time, thought I was not enough to lead, it doesn’t make it so.*

*Just because someone, once upon a time, thought something about me that was less than empowering, less than who I am, doesn’t make it so.*

*I recognize that others have their shit.*

*Others have their shit.*

*And they put it on me because they didn’t know how to take care of their own stuff.*

*They didn’t know how to handle their crap.*

*They didn’t know how to handle their fears, their insecurities, their anxieties.*

*They didn’t know how to handle that.*

*And so, they put it upon me as a child, as an adult, as someone who could make a decision about my future.*

*Even though I learned, somewhere along the line, that asking can result in a resounding “no,” and that hurts, and I learned not to ask,*

*I am willing to consider the possibility that it is indeed safe to ask for what I want.*

*That it is indeed safe to expand beyond who I am today.*

*I am learning that it is safe to show up in the world as I truly am, a magnificent, glorious being of light shining in the world and understanding that even beings of light can make mistakes.*

*Even beings of light can learn from those mistakes.*

*Even beings of light can stumble.*

*And it’s okay when that happens.*

*It doesn’t mean I’m not deserving.*

*It doesn’t mean that I should go back into my cave.*

*It doesn’t mean any of that.*

*It only means that I am learning.*

*It is safe for me to show up as this magnificent being of light that I am.*

*And even though it can seem scary out there,*

*It’s only because I have not felt safe.*

*I have not practiced feeling safe, practiced believing that I am safe, practiced knowing that I’m safe, practiced knowing that the Divine has my back.*

*I’m willing to explore this new idea that the Divine has my back, and my front, and my up and my down,*

*That I’m surrounded by the light of the Divine because I am the light of the Divine,*

*That it is safe to ask for what I want.*

*It is safe to ask for wonderful clients who love me,*

*Who love my work,*

*Who want to work with me,*

*Who can’t wait to work with me,*

*Who think I’m amazing,*

*Who are thrilled to pay to work with me because they know what they’re going to get.*

*They know the value.*

*They know the transformation they will receive from our working together.*

*It’s okay for me to ask for incredible clients who want to work with me and have deep relationship with me, long-term relationship with me.*

*It’s what they’re looking for, too.*

*And they recognize me when they meet me.*

*They recognize me.*

*So, I call in these clients.*

*I stand up and I ask for these clients in my life, in my business.*

*I ask for them to show up and to recognize that we are to be together.*

*We are to work together.*

*To recognize, beyond any shadow of a doubt, the value is more than what they’ll pay in money.*

*Because it is.*

*I own this.*

*I own that this is my truth.*

*This is my ask of the universe, of the Divine, of my clients.*

*This is my ask that you recognize me,*

*That you say “yes,”*

*That it’s easy that we work together with ease, with grace, with joy.*

*Because that’s who I’m looking for.*

*That’s who I call in.*

*That’s who I ask for.*

*It is safe for me to ask.*

*And I deserve to ask.*

*I deserve to call them in.*

*I deserve these clients in my life.*

*And they deserve someone like me in their life.*

*This is my truth.*

*This is my truth.*

*This, right here, is my truth.*

*Nothing else.*

*And so it is.*

Go get your Divine On!



Divine hugs,

Anne

**Rev. Anne Presuel**

***Your 6th Sense Guide to a 6-Figure Business***

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