***"I don't want to have to***

***reach out to people!”***

**Class #10 – 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….***

Calling in our guides, calling in our angels, calling in the Divine.

We so say*, “Thank* *you.”*

Thank you, thank you for this time together,

For this opportunity to clear out things that say there’s something wrong with us,

To clear out the things that say, *“You can’t do this. Who do you think you are?”*

To clear out the things that say, *“There’s something inherently wrong with you, wrong with me.”*

I reject that as any truth, any part of my truth.

I say, *“Thank you”* for showing me all the ways in which it is not true.

I am grateful that this is so.

And so it is.

***Let’s start tapping…***

Top of your head:

*Even though I really just want my clients to show up,*

*I just don’t want to have to reach out to them,*

*I just don’t want to feel those feelings,*

*I don’t want to have to feel like all I want to do is just get out of here as fast as I can.*

*And so, before I’d even call someone, before I’d reach out, I just say, “Forget it. I’m not doing it.”*

*Even though I have that going on inside of me,*

*Even though I have that running the show sometimes,*

*It’s okay.*

*I deeply and completely love and accept myself.*

*I accept that this is just a part of what is going on.*

*I accept that this is what it looks like.*

*I accept that this is how I feel but my feelings aren’t real.*

*My feelings are just feelings and they’ve come to pass.*

*I’m willing to see the ways in which my feelings are running the show.*

*I’m willing to see how much power I give my feelings.*

*I’m willing to see what I’m doing instead of reintegrating myself of coming back into who I am and where I am.*

*I’m willing to see what I’m doing instead and change that.*

*So that I can be here fully.*

*So that I can show up fully.*

*Because connecting with people is actually a lot of fun.*

*Reaching out to someone is not about me.*

*It’s about how I can serve them,*

*How I can support them,*

*How I can help them through a tough time.*

*Connecting with people, genuine interest, is about that genuine curiosity.*

*Not about the result, but about the connection,*

*About the sacred connection.*

*I have tools to help me maintain this truth,*

*This awareness of this truth.*

*And I’m willing to use them so that I can connect with confidence,*

*I can connect with curiosity,*

*I can connect with a heart filled with love.*

*I can connect with a heart of hope,*

*And not have any result be about me,*

*Knowing that I have come from a place of honor,*

*A place of integrity,*

*A place of curiosity,*

*A place of loving support,*

*That I’ve come from that place.*

*And because I’ve come from that place,*

*Whatever happens has nothing to do with me.*

*Whatever they say, whatever they respond with, has nothing to do with me.*

*Instead, has everything to do with where they are in that moment,*

*With who they are,*

*With what they’re going through.*

*And I have the bigness of spirit to allow it to be whatever it is without making it be about me.*

*I am willing to connect with my market in a way that feels satisfying,*

*That feels joyous,*

*That feels loving,*

*That feels competent,*

*That feels connecting.*

*I’m willing to connect with my market in a way that works for me and gets me results.*

*I’m willing to show up.*

*I’m willing to show up because I know that I can make a difference in their lives.*

*Whether they’re in the space to receive it, is on them.*

*I am willing to show up.*

*This is my truth.*

*This is my truth.*

*This is my truth.*

*And so it is.*

Go get your Divine On!

Divine hugs,

Anne

**Rev. Anne Presuel**

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