***"What if I’m bothering them?”***

**Class #17 – 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….***

Take in a nice deep breath and call in our guides, call in our angels, call in the Divine.

Thank you for this opportunity to connect with one another,

To connect with you,

To connect with that holy sacred part within ourselves that allows us to know the truth of who we are and what we’re here to do.

We are grateful.

And so it is.

***Let’s start tapping…***

*Even though I get a little nervous thinking about,*

*Or even a lot nervous thinking about picking up that phone and making a call for someone I don’t know or even someone I do,*

*Sometimes, I just feel nervous about it all together.*

*It makes me anxious to think about calling people and asking them if they’re interested in working with me.*

*It makes me feel anxious to even think about calling someone.*

*I might be bothering them.*

*What if I’m bothering them?*

*What if they don’t want to hear from me?*

*What if they’re having this inner conversation and they’re rolling their eyes and they’re associating me with interruption and more frustration and more annoyance and more things to do?*

*What if they’re associating me with that?*

*I don’t want that.*

*I don’t want them to be thinking that’s what I’m doing, that I’m bugging them.*

*I don’t want them to be thinking that I’m just trying to get them to buy something.*

*Truth of the matter is I just want to control what they’re thinking.*

*I want them to be happy that they hear from me,*

*Happy that I called,*

*Open armed welcoming, “Yes, I was so glad you called. I was just waiting for you to call.”*

*Yes.*

*Even though I have this desire inside of my heart that that’s what the experience is,*

*I also know that that’s not my experience.*

*Sometimes, and I just have a moment of gratitude and then move on when someone calls to remind me about something.*

*Sometimes, I’m full on grateful.*

*Sometimes, I’m just happy to hear from someone.*

*Sometimes, I’m annoyed.*

*Sometimes, my annoyance has nothing to do with them,*

*Has everything to do with other things that are going on with my life.*

*I can give the people that I call the same freedom, the same courtesy, the same compassion as others give me.*

*I am willing to open myself up to the possibility that they’re really happy to hear from me,*

*That maybe, they were just thinking of me.*

*And now, they want to hear from me.*

*I’m willing to consider the possibility I’m not bugging them at all,*

*That they’re happy.*

*They’re happy to hear from me.*

*They’re relieved,*

*They’re wanting,*

*They’re appreciating that someone thought about them.*

*They’re appreciating that someone thought about them,*

*Remembered them,*

*Was interested enough to call, to check in.*

*Someone cared enough to do that.*

*I can have a new relationship with calling people,*

*With reaching out to invite them into my energy field and to my world.*

*I can have a new relationship with this.*

*A relationship that is a win-win,*

*And not make it about me,*

*Not make it about my less-than-ness.*

*But rather, about nothing.*

*What you think of me is none of my business.*

*What you think of me is none of my business.*

*What I’m doing with my intention, with my love, with my energy,*

*I can give you no greater gift than my attention and my energy and my focus.*

*So, in these next 5 minutes or 10 minutes, I’m going to give you that,*

*A part of who I am.*

*How may I serve?*

*Because my intention is connection.*

*Connection with me, connection with the Divine,*

*Connection with the Divine in you.*

*And when I come from that space, there’s magic.*

*There’s magic.*

*I can do that.*

*I can be in the space of deep and profound connection with the Divine and a desire to expand that out into the world around me as I connect with you,*

*With my curiosity,*

*With my desire to serve,*

*My desire to connect.*

*Not my neediness,*

*Not my hunger,*

*Not my fear,*

*Not my shit,*

*My desire to connect.*

*This, I can do.*

*I can connect with the Divine within and with the Divine without.*

*With ease, with grace, with joy, with love.*

*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**

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

**DivinelyIntuitiveBusiness.com**