

***"*** ***Yes, I can!”***

**Day #15 - 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!

***Let’s declare our intention…***

Let’s call in our guides and call in our angels.

Thank you for this opportunity to be present, to be clearing shit that says *“We can’t do it,” “We can’t have it,”*

To get rid of the idea that seems to pop in our head all the time that says *“No, I can’t,”*

*“No, that’s too big. That’s too much. I can’t do that.”*

*“I’ve never done it before. I can’t.”*

We are grateful for the guidance and the assistance, the support, the help, the awareness of how we can,

That we can,

That it is ours indeed for the asking and the creating.

We are grateful that it is so.

We know that only love is spoken here.

And so, it is.

***Let’s start tapping…***

*Even though I walk around with this belief that says “I can’t,”*

*I can’t do what it is I want to do,*

*I can’t have what it is I want to have.*

*I want that money in my account.*

*I want $25,000 in 25 days.*

*And my 25 days are narrowing down.*

*Where the fuck is my money?*

*And I worry about that.*

*I worry that something is wrong.*

*If I’m not doing it, I must be a bad student.*

*I must not be doing this right.*

*And my thoughts distract me from holding the vision, holding the space.*

*And I know that.*

*And yet, there they are saying to me “Fuck, you think?”*

*“You think you’re going to do that?”*

*“What makes you think that? You haven’t done that before.”*

*“You’ve never done that before.”*

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

*“What makes you think?”*

*And I agree.*

*I fall into an agreement “You’re right, I can’t.”*

*You’re right, I can’t.*

*I can’t do that.*

*I don’t see how.*

*You’re right.*

*I need to have a plan.*

*I don’t have a plan.*

*How is this work?*

*I don’t understand how it would work. Therefore, I can’t.*

*Because if I can’t see how it will work, it must mean that I can’t do it.*

*Even though all of this is true in my head,*

*It’s what I see as the truth,*

*It’s the evidence of the truth,*

*I deeply and completely love and accept myself.*

*I accept.*

*I accept that this is perhaps something different and not actually the truth.*

 *I accept that perhaps this is my truth in this moment but not the truth.*

*This feeling that “I can’t” followed up with a whisper inside of myself that says “Yes, I can.”*

*The thing goes to “No, I can’t” so, how can I do that?*

*I can’t do that.*

*And a whisper says “Yes, you can.”*

*And my brain says “No, I can’t.”*

*The whisper says “Yes, you can.”*

*My brain says “No, I can’t.”*

(Now, I say to you. This is Anne talking to the class. On each point, follow me.)

*No, I can’t.*

*Yes, I can.*

(Next point.)

*No, I can’t.*

(Next point.)

*Yes, I can.*

(Just keep doing that.)

*No, I can’t.*

*Yes, I can.*

*No, I can’t.*

*Yes, I can.*

*No, I can’t. You’re crazy.*

*Yes, I can.*

*You’re wrong.*

*No, I can’t. This is nuts.*

*Yes, I can.*

*No, it’s not.*

*No, I can’t.*

*Yes, I can.*

*I can’t do that.*

*Yes, I can.*

*I’ve never done it before.*

*So what? I can do it.*

*I don’t know how.*

*I’ll be guided.*

*No, I can’t.*

*Yes, I can.*

*What if the guidance is wrong?*

*It won’t be.*

*What if my interpretation is wrong?*

*Then, you’ll learn.*

*No, I can’t.*

*Yes, I can. I’ve learned how to do other things. That’s true.*

*I can’t do this.*

*$25,000 in 25 days? No, I can’t.*

*Yes, I can.*

*No, I can’t.*

*Yes, I can.*

*No, I can’t.*

*The course in miracles says “It’s as easy as to create a penny as it is to create a million dollars.”*

*No, I can’t.*

*Yes, I can.*

*No, I can’t.*

*Yes, I can.*

*No, I can’t.*

*Yes, I can. Yes, I can.*

*No, I can’t. It’s too much.*

*Yes, I can. It’s just exactly right.*

*No, it’s too much.*

*It’s exactly right.*

*It’s too much.*

*I can do it.*

*No, I can’t.*

*Yes, I can.*

*I don’t know how.*

*I’ll figure it out.*

*I don’t know how.*

*I’ll figure it out.*

*But I don’t know how to figure it out.*

*I’ll figure that out.*

*I don’t know how.*

*Trust.*

*I can’t.*

*Yes, I can. Trust.*

*I can’t.*

*I can.*

*I can’t.*

*I can.*

*I can’t.*

*I can.*

*I can’t.*

*I can. I will. I choose. I can.*

*I can’t.*

*Yes, I can.*

*No, I can’t.*

*Yes, I can.*

*No, I can’t.*

*Yes, I can. I can. I can. I will. I choose.*

*I can’t. I can’t.*

*I will. I can. I trust.*

*I don’t know how.*

*I can. I trust.*

*I can. I trust.*

*I can. I trust.*

*I can. I trust.*

*I can’t. It’s too big. It’s too much.*

*Yes, I can. I can.*

*Even though, I don’t know how, I can do this.*

*I don’t know how.*

*It doesn’t matter. You’ll figure it out.*

*I can’t.*

*I can.*

*I can’t.*

*I can.*

*I don’t know how.*

*I can. I can figure it out.*

*But I don’t know how.*

*It doesn’t matter. Trust your guidance. You’ll figure it out.*

*I can’t.*

*Yes, I can.*

*I can’t.*

*Yes, I can.*

*I can trust.*

*I can trust.*

*I can trust.*

*I can trust.*

*I can choose to trust.*

*I can choose to trust.*

*I can choose to trust.*

*I choose to trust.*

*I choose to trust.*

*I can’t.*

*Yes, I can.*

*I choose to trust.*

*I choose to trust.*

*I trust.*

*I trust.*

*I trust.*

*I trust.*

*I can.*

*I can’t.*

*I can.*

*I can’t.*

*I can.*

*I can’t.*

*Yes, I can.*

*Yes, I can.*

*Yes, I can.*

*Yes, I can.*

*I can figure it out.*

*I can trust.*

*I can trust.*

*I can trust.*

*I do trust.*

*I trust.*

*I trust.*

*As I trust what I intend to create like magic before my eyes.*

*I could do this.*

*I can figure it out.*

*I can trust.*

*And I will be guided.*

*I can.*

*I can do that.*

*And I can trust the process.*

*Yes, I can.*

*Yes, I will.*

*Yes, I do.*

*I can do this.*

*I can do this.*

*I can do this.*

*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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