

***“I hate my debt...***

***but feel comfortable with it”*Day #19 - 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 and we say *“Thank you.”*

Thank you, thank you for the opportunity to heal complacency, overwhelm, fear, judgment about debt,

To have a healthy relationship with our money to each and every moment of each and everyday.

We welcome the “ahas,” the downloads, the beauty, the understanding, the transformation.

We welcome them now and in the future.

And we say *“Thank you.”*

We know that only love is spoken here.

And so, it is.

***Let’s start tapping…***

 *Even though I have debt,*

*And I’ve got some really firm ideas about my debt.*

*I’ve got some firm about debt. Period.*

*About owing something to anyone,*

*About collecting after I’ve loaned.*

*I’ve got some discomfort,*

*I’ve got some distaste,*

*I’ve got some judgment about people who are in debt.*

*Judgment about me if I’m in debt.*

*And I’m ready to let this go.*

*I’m ready to create a healthier relationship with debt.*

*I’m ready to create a healthier relationship with money.*

*Even though debt feels heavy,*

*It feels like it’s wanting to grab my freedom,*

*Wanting to grab me in the wallet,*

*Wanting to grab in places I don’t want that grabbing,*

*I’m willing to extricate myself from it.*

*I’m willing to extricate myself from debt,*

*But also, the belief that debt is bad,*

*The belief that it’s wrong,*

*The belief that I’m bad,*

*The belief the others are bad.*

*The belief that it’s choking me.*

*It’s overwhelming me.*

*Debt just is.*

*Debt just is.*

*And it is the belief and the energy and the judgments that I put upon it that make it worst.*

*It is me who makes it worst.*

*It is me who decides what it is and what it is not.*

*I’m willing to stop being comfortable with it and to make a choice about it.*

*Free of emotional shit.*

*So, even though I have this debt,*

*Even though I have this relationship with debt,*

*I’m willing to be free.*

*I’m willing to be free.*

*I choose to be free.*

*I choose to look at the debt and say “Thank you.”*

*Thank you for your faith in me,*

*For loaning me the money so that I could do what I needed to do.*

*Thank you for believing in me that I would pay you back.*

*And I will.*

*Thank you for trusting me.*

*Debt is evidence of trust.*

*It’s evidence of someone believing in me,*

*Someone saying “I trust that you will be able to do this.”*

*“I believe in you.”*

*“I want you to have more freedom.”*

*“I want you to have more of what you need.”*

*“And this is only a temporary place. I trust in you.”*

*How incredible that someone believes in me.*

*And they don’t even know me.*

*Even more than that, I believe in me.*

*And in the places where I don’t believe in me,*

*I don’t believe I can pay it back,*

*I don’t believe it will happen,*

*I don’t believe I’m good enough,*

*I don’t believe I deserve,*

*I don’t believe…Bullshit!*

*I let and go because they do not serve me.*

*Those beliefs do not serve me.*

*Not if I’m here creating what I’m here to create.*

*I trust that what I’m doing is exactly what I need to be doing.*

*And I see every single person along the way who supported me including credit card companies.*

*I see them in many places.*

*I invested in my myself.*

*And I say “Thank you.”*

*Thank you to all the lessons learned.*

*Thank you for everything I received,*

*Lessons I’m still receiving.*

*And I call upon Archangel Michael to disconnect.*

*To cut the cords from those times, those mentors, those places, those credit card companies.*

*I call upon Archangel Michael to cut the cords so that I pull back my energy to myself.*

*And stop giving it out the message of judgment.*

*I can create this energy and have it here for me to use,*

*For my own creation,*

*For what’s next,*

*What’s calling me forward,*

*What’s pulling me into my future.*

*I let go of the past.*

*And I am free.*

*I claim that I am free.*

*I am free of debt.*

*I am free of judgment.*

*I am free of frustration.*

*I am free of overwhelm.*

*I am free of not enough.*

*I am free of not enough.*

*I claim this to be my truth today.*

*That I am free.*

*And I am grateful for everything and everyone who supported me along this journey.*

*I say “Thank you.”*

*I say “Thank you.”*

*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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