

***“I’m so grateful!”*Day #20 - 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 today, we say *“Thank you.”*

Thank you for being there, for having our backs.

Thank you for providing us the awarenesses and the downloads and the clarity that we receive during this call and beyond.

Thank you for providing us with that support and the connections.

We are profoundly grateful.

We know that only love is spoken here.

And we receive it today.

We receive it in to the very depths of our being.

And so, it is.

***Let’s start tapping…***

 *I am so grateful.*

*Whenever I close my eyes,*

*I can see the abundance that surrounds me.*

*I can feel how powerful it is.*

*I can hear it speaking to me saying “Come, play with me.”*

*“Come, let’s go do this and create more.”*

*I know that it’s there calling me forward,*

*Asking me to expand into it,*

*To connect with it at a deep, profound, consistent level.*

*And I am grateful.*

*I’m grateful that I can hear it.*

*I can see it.*

*I can feel it that I know that it’s there.*

*I’m grateful.*

*My abundance looks like something so magnificent, so pure, so holy, so powerful.*

*It expands beyond me and expands into the room that I’m in.*

*My abundance has words of love for me.*

*“You’ve got this.”*

*“You’ve got this.”*

*“You know what to do.”*

*“You know what to say.”*

*“You’ll know where to go.”*

*“You know with whom to connect.”*

*“You know.”*

*“And even though you might be afraid, listen to me, trust me.”*

*“Let me call you forward.”*

*“Allow me to play with you.”*

*“Allow me in.”*

*“Not just a trickle but a consistent, beautiful, rainfall waterfall.”*

*“Immerse yourself.”*

*“Come play with me.”*

*The gratitude that I feel knowing that abundance is calling and wanting to play with me,*

*Wanting to share with me its wisdom, its joy, its laughter,*

*Filled my heart with deep and profound thanks.*

*I look around my life and I can see it all the way in which I have been provided for through the years.*

*And I am grateful.*

*I look around and I see how many gifts I’ve been given through the years.*

*And I am grateful.*

*I see the joy and the love that I have shared with others through the years.*

*And I am grateful.*

*I see the homes I’ve had that have protected me from the outside elements,*

*The homes that have gifted me with their strength and their security, their beauty.*

*And I am grateful.*

*I feel it in my heart.*

*I feel it in my sacral chakra.*

*I feel it in my solar plexus.*

*And I feel it in my root chakra.*

*And I speak it with my throat chakra.*

*I allow the images to flow in.*

*And I can see them with my mind’s eye, my third eye chakra.*

*I can see all the ways in which I have been provided for,*

*All the people who’ve come through my life to help me, to support me, to love me, to encourage me.*

*And I am grateful.*

*I am grateful for the bees that collect the pollen and create honey and pollinate,*

*So that I may have apples, and fruits, vegetables.*

*I’m grateful that I can have flowers.*

*I’m grateful that I can see them with my eyes.*

*I’m grateful that I can hear with my ears.*

*I can taste with my tongue.*

*And I can feel with my fingers and my skin.*

*That I can walk,*

*That I can talk.*

*I’m grateful.*

*I’m grateful that I have a mind that can think.*

*That I have this connection with the Divine that can guide me in all ways always.*

*That I can trust my connection.*

*I am grateful.*

*I am grateful for my body.*

*It can take food in and expel it out.*

*That it can sweat in a hot day and cool off on a cool one and warm up in a cool day.*

*That it can move,*

*That it can rest,*

*That it can pick up a pen or type on a computer.*

*I am grateful.*

*I am grateful for the people in my life who love me,*

*Who share my life,*

*Who believe in me,*

*Who help me to be a better person,*

*Who inspire me,*

*Who model for me.*

*I am grateful.*

*I am grateful that money shows up whenever I need it and when I want it.*

*I am grateful that money loves to be in my world.*

*I am grateful the money is a plaything, is a joyous plaything.*

*I am grateful.*

*I let go of this belief that I don’t have enough.*

*And I embrace the idea, the belief that I have more than enough.*

*And it expands with joy.*

*I’m grateful for the car that I drive or the vehicles that take me where I need to go.*

*I am grateful for the water that I have that is clean and pure.*

*I am grateful for my angels who guide me and protect me, who connect me with others.*

*I am grateful.*

*Today, I feel my heart open with gratitude.*

*And I allow.*

*I allow it to flow out that gratitude out into the world.*

*I allow the gratitude to go from me to another with ease.*

*And when I think of them, I say “Thank you.”*

*Thank you for being you.*

*Thank you for showing up in my life.*

*Thank you for helping me.*

*Thank you for guiding me.*

*Thank you for being there.*

*Thank you.*

*And I choose to live my life from a place of gratitude,*

*A place of enough,*

*A place of joy.*

*I let go of all the places that are filled with “not enough,” “can’t do it,” “don’t know how.”*

*And I receive in the guidance.*

*I say “Thank you.”*

*Thank you.*

*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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