



\$25K IN 25 Days
Tap into Your Divine Abundance!



A Divinely Intuitive™ BUSINESS OFFERING

"How do I stay out of fear???" **Day #14 - 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...

We say, *"Thank you, thank you, thank you"* for being with us, for being here in this moment to assist us in remembering the truth of our being, in remembering who we are, remembering how powerful we are.

We are grateful, so, so grateful.

And so it is.

Let's start tapping...

Even though I am very, very aware of all the ways in which this could go south,

This experience with our entire culture,

Our world can go south and we lose everything.

Everything we've worked for.

And it wouldn't be enough time to recover to pull back out.

I am really aware of that as a possibility.

I'm aware that I might get this virus and I may not survive.

I feel it sometimes so deeply in my body.

I feel that fear sometimes so deeply in my heart.

I'm present to that.

Oh my God! What if?

And it's so easy to horriblelize the future,

To catastrophize the future.

It's easy to go there in my head.

And then I find myself spiraling in my fear.

What if?

What if I can't control it?

What if I get it?

What if someone I love gets it?

What if?

What if?

And it hooks me,

And down I go.

Thank goodness I don't go there all the time,

And I don't go there consistently,

And I have tools to bring me out.

And it scares me.

This out of control world situation,

Virus, reaction to the virus, response to the virus, worries me.

I worry that the idiots who think that they're doing something,

But they're doing more harm than good,

Who are really aren't doing anything, will get back in power again.

I have no control over that.

I worry that my life will never be the same.

I worry that my business will not be the same, that it will not survive this.

I worry that someone I love will not survive this.

Heck, sometimes, I worry that I will not survive this.

And even though those are very real and I'm very present to them,

I'm also aware, very aware, that I'm creating from this place right now my future.

I'm aware that I am going into fear.

And making that choice because it's familiar,

Because I know it,

Because I've been here before,

Because it makes me feel connected to the rest of the world.

I'm aware that I'm doing it.

And on some level, I'm aware that I don't have to go there.

I have tools.

I have wisdom.

I have ways to bring myself back here to this moment right now to be present.

To this moment.

Wherein this moment, all is well.

I have a home.

I have food.

I have heat or air-conditioning.

Or I can throw my windows open and enjoy the beauty and the weather.

I have people who love me.

Most of all, I have tools.

I have a conscious awareness that I don't have to stay there.

I have an awareness that I have more control than that.

I may not be able to control my governor or the president or the prime minister or any of the other people,

But I can control me.

I can stay as healthy as I can.

I can do the things I need to do to stay healthy.

I can do the things I need to do to stay mentally healthy.

I have that power.

I have those tools.

I have that knowledge.

I have that experience.

And most of all, I have the connection with the Divine,

That is mine at any time, any place, anywhere,

And available to me without restriction if I but ask.

That connection allows me to know that I can trust.

I can trust my process no matter what.

That no matter what, I will be okay.

That no matter what, life will be okay.

No matter what, my business will be okay.

I am safe.

I am protected.

I am connected.

I am grounded.

And I am receptive.

I choose to bring myself back to this moment in time right here, right now,

Every time I feel myself tempted to spin out,

Every time I feel myself tempted to go into other people's beliefs,

Every time I feel that old fear coming up,

*“You may end up in a nursing home like all of these other people and dying over there.
Dying alone.”*

I bring myself back to this moment right here, right now.

I am safe.

I am well.

I am provided for.

I have love.

I have connection.

I have protection.

All is indeed well.

I know how to pull myself out of fear,

How to keep myself from going into fear.

And I use my tools.

Religiously, I use my tools.

Consistently, I use my tools.

I remind myself of all the things I'm grateful for,

Of all the ways I am taken care of and provided for,

Of all the ways I am healthy, and whole, and strong, and capable and able,

All the ways in which I am not alone,

All the ways in which I am completely, totally provided for, cared for, loved, protected.

For there are many.

There are many.

This is my truth.

This is my truth.

This is my truth.

And so it is.

Alright, everyone.

Go get your Divine ON!

We'll see you on the call tomorrow

Have a beautiful, beautiful afternoon.

Bye, now!

XOXOXO,

Anne

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