

# **The Tapping Solution: 7 Weeks to Financial Success & Personal Fulfillment**

## **-Meditation 3 Transcript-**

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**Meditation 3**

Welcome to this tapping process for Week 3 of the *Seven Weeks to Financial Success and Personal Fulfillment*. This is Jessica Ortner.

In this tapping process, we will be addressing and quieting that critical voice so we can hear our own intuition more clearly.

Let's begin by taking three deep breaths. Inhale through your nose and exhale through your mouth. Inhale and exhale. Inhale and exhale.

Tapping on the Karate Chop point, repeat after me.

KC            Even though I can be so hard on myself,  
                 I love and accept myself.  
                 Even though I can be so hard on myself,  
                 I love and accept myself.  
                 Even though I can be so hard on myself,  
                 I love and accept myself.

EB:            I can be so hard on myself.  
SE:            This critical voice  
UE:            It's hard to quiet it.  
UN:            I notice everything that could go wrong.  
CP:            I point out what I'm not doing right.  
CB:            This critical voice  
UA:            It keeps me stuck.  
TH:            It's hard to take a step forward when I'm listening to this critical voice.

EB:            This critical voice  
SE:            It tells me I have to be perfect.  
UE:            It tells me I'm not good enough.  
UN:            It tells me to expect a failure.  
CP:            This pessimistic voice in my head  
CB:            I've felt like I needed it.  
UA:            It's kept me safe.  
TH:            It's guarded me from disappointments.

EB:            This critical voice is dependable.  
SE:            It's been around for so long.  
UE:            I'm so used to it.  
UN:            But what is it really costing me?

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CP: It holds me back,  
CB: Deprives me of happiness.  
UA: This critical voice  
TH: Is more dangerous than I thought.

EB: But I need my critical voice.  
SE: It's just being practical and realistic.  
UE: Is that really true?  
UN: Maybe my critical voice  
CP: Isn't real.  
CB: I didn't have this critical voice as a young child.  
UA: I picked it up somewhere.  
TH: I am not my critical voice.

EB: I am not my critical voice.  
SE: So I can speak to it.  
UE: Hello critical voice,  
UN: I've kept you around for a while.  
CP: When I've been scared, I've turned up your volume.  
CB: But I now know you aren't real  
UA: And you're holding me back  
TH: From finding real solutions.

EB: So it's now safe to turn down your volume.  
SE: You never really had power.  
UE: I was the one giving you power  
UN: And I take my power back.  
CP: I listen to my voice  
CB: So I can release this critical voice.  
UA: I now follow my intuition.  
TH: If something doesn't feel right, I change courses.

EB: I am in tune with what's best for me.  
SE: I'm doing better than I give myself credit for.  
UE: I can notice everything I'm doing right.  
UN: And I have gentle awareness towards what I want to change.  
CP: There is no room for my critical voice.  
CB: I'm too busy making my dreams come true.  
UA: I am in tune with my intuition.  
TH: I know what's best for me.

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EB: I now trust my own voice.  
SE: I can be easy on myself.  
UE: I am doing so much good  
UN: And it's only just the beginning.  
CP: Now I have the power.  
CB: I know what to do.  
UA: I no longer need to be critical.  
TH: Even if I do something wrong, I have my own back.

EB: I am my own friend.  
SE: And I give myself encouraging advice.  
UE: There is no room for criticism in my life.  
UN: Because now I listen to my heart.  
CP: Now I trust my intuition.  
CB: I treat myself with the respect that I deserve.  
UA: There are so many exciting things ahead of me.  
TH: I allow faith in myself to propel me forward.

Take a deep breath in. Exhale.

Again, this is Jessica Ortner and on behalf of everyone at The Tapping Solution, we wish you the very best and encourage you to always listen to your own voice.