

# 103

Disempowering Beliefs About

# MONEY

----- and -----

# SUCCESS

----- and -----

How to Eliminate them in Minutes



**BY NICK ORTNER**

NY Times Best-Selling Author of "The Tapping Solution"

# TABLE OF CONTENTS

**Introduction ..... 3**

**Chapter 1 ..... 8**

**Discovering Your Limiting Beliefs About Money and Success**

Here I'll not only share with you the "103 Disempowering Beliefs About Money and Success," but more importantly, I'll show you a simple process to figure out which beliefs are holding you back most.

**Chapter 2 ..... 23**

**What "Tapping" Is and Why It Can Rewire Your Brain and Body for Success**

In this chapter I'll introduce you to Tapping, a simple, yet life-changing technique that you can use to rewire your brain and body to eliminate the negative beliefs that you have and instill positive, empowering beliefs that will lead you in a new direction. I'll share some of the science and research behind why it's so effective as well as what some of the world's leading experts, from psychologists to doctors, life coaches and best-selling authors are saying about the technique.

**Chapter 3 ..... 37**

**How to Use Tapping to Change Your Beliefs About Money and Success**

In this chapter I'll take you through a process that you can use immediately to begin to rewire your brain and body to eliminate the disempowering beliefs that you have today.

**Chapter 4 ..... 46**

**What To Do Next – How To Catapult Your Results with Tapping**

And finally, in this chapter, I'll show you to how to go beyond what is covered in the book, sharing video resources, free audios, articles and more that can help you continue in your growth.

I hope you're excited about what I'm about to share with you. I know I am. :)

Let's get started...



## INTRODUCTION

# Why (and How) This Book Can Transform Your Financial Future Forever...

Have you ever had a moment in your life that transformed it forever?

Maybe it was the moment you met your significant other, took a new job, moved to a different city, or made some other decision that changed your life...

I think this may be one of those moments for you.

I say that because it's the experience that thousands of people have had after using the solutions in this e-book.

What you'll find in these pages is more than "103 Disempowering Beliefs About Money and Success."

The solutions in this book will show you a path to rewire your brain and body to bring out the best of your abilities, a version of yourself that feels so true, so pure, and so at home that it will create the financial success, and the life, that you deserve.

Are you ready to live that life? Do you even believe it's possible? I know you can create that life, and I want to guide you to get there!

Before we get started though, I want to strongly recommend that you join me for one of my webinar presentations on "[How to Create an Abundant, Stress-Free Financial Future Faster Than You Ever Thought Possible](#)" by [clicking here](#).



On these webinar presentations I'm able to guide you to go deeper than I can in a book alone. Plus, I'm able to demonstrate the techniques that have worked for me and thousands of others that I've worked with better than I can in a book alone.

Typically the webinar presentations run between an hour and two hours so be prepared to go deep and get some amazing results! OK, let's keep going...

Most of us, at some point (or many), struggle with feeling unsuccessful, with feeling unfulfilled in our work and insecure in our finances. We also on some level know financial abundance could go hand in hand with personal fulfillment, but we're never been taught how to achieve financial abundance doing what we love.

Ever felt like that? Like achieving financial abundance doing work that fulfills you is something that only a select few *other* people get to experience?

We've all tried working harder and longer. Many of us have changed jobs, even careers, but still, financial security seems out of reach. Even success, when it does come, isn't always fulfilling.

The whole process is exhausting!

The cycle continues until finally, we end up feeling resigned to dreams so small, they barely sustain us.

What if that could all be in the past? What if, starting right now, you could begin following an entirely new path doing work you love that fully supports you, your life, and your future?

That's exactly what this book can do for you. Using the solutions I'll share with you in these pages, you can get on that new path, a path that, if you continue to follow it, will change your entire experience around work, money, personal fulfillment, and *much* more.

Funny thing is, while the results people achieve with the process I'll soon share are often amazing and life-changing, most people are surprised by how natural and stress-free the process feels.



That’s because, as a result of the process, people are – finally! – able to release stress and shed the beliefs that have been holding them back.

Without those obstacles standing in their way, they can gain positive forward momentum faster and more easily than ever before.

Before we continue, there’s just one thing you need to know. The tools I’ll share in these pages are powerful solutions regardless of your goals, profession, skills, experience, age, and current financial status.

They’re a seamless blend of ancient wisdom and modern science. They are timeless and limitless, so it’s never, ever “too late” or “too soon.”

So... are you ready? Are you ready to dramatically improve your financial success and personal fulfillment?

If you’ve gotten this far, I think you are... 😊

## ABOUT THE AUTHOR

As we begin this journey together, I think it's important that you know who I am.

My name is Nick Ortner. I'm the New York Times best-selling author of the books "The Tapping Solution: A Revolutionary System for Stress-Free Living" and "The Tapping Solution for Pain Relief."

I'm also the producer of the documentary film "The Tapping Solution: The Revolution Starts Within" and the annual Tapping World Summits, which have been attended by over 1 million people.



I'm a husband and father with a deep passion for supporting people in living healthy, abundant lives that are low in stress and high in fulfillment.

One of the most rewarding parts of my work is the time and energy I dedicate to the [Tapping Solution Foundation](#), which I founded in 2012, soon after the Sandy Hook school shooting in my hometown of Newtown, CT.

The initial goal for the Foundation was to help teachers, parents, students and first-responders overcome the tragedy of that shooting. While our work there continues, the Foundation's success has allowed us to extend our reach. In recent years we've had the honor of working with schools and organizations from Connecticut to New York, California and beyond.

At [TheTappingSolution.com](#) I have the privilege of working with my brother Alex, sister Jessica, father Martin, and nine other amazing team members.



I share the strategies that I have both learned and developed at [www.thetappingsolution.com](http://www.thetappingsolution.com) (the most life-changing of which is tapping, a technique that I'll share with you today in this eBook).

If you'd like to learn more about me and the amazing team I get to work with, just go to [www.thetappingsolution.com/about](http://www.thetappingsolution.com/about).

# CHAPTER 1

## DISCOVERING YOUR LIMITING BELIEFS ABOUT MONEY AND SUCCESS

*“If you believe you can or if you believe you can’t... you’re right.”*  
– Henry Ford

Success. Money. Personal fulfillment.

If you’re honest with yourself, do you really believe you can “have it all”—that you can make great money doing what you love while also enjoying a rewarding personal life?

Do you believe it’s possible for others but maybe not for you? That perhaps you don’t have the education, or the skills, or the support group, or that you’re just not lucky enough?

For years I, like many, struggled to believe that success was possible for me. Always stressed out about money, unhappy in jobs, I worked long hours at nights and on weekends to get various businesses off the ground.

When success appeared, it was exhilarating but unsustainable. The cycle went on and on, until **one day I found myself in over a million dollars of debt** due to the failure of my real estate investing business.

I won’t go into how it happened (that’s a story for another day!), but I will say that it was one of the toughest times of my life.

Overwhelmed and exhausted, **I struggled to believe in myself**, and in my ability to succeed and achieve financial freedom in a way that would leave me feeling personally fulfilled and inspired by the work I was doing and the life I was living.





If you've been through tough times, or if you're currently going through tough times, you know exactly what I mean.

Financial stress adds so much pressure to our everyday lives, clouding our ability to feel free and fulfilled, healthy and energized. If you stop to think about your finances right now, how do you feel they limit you?

How have your finances affected your happiness, your sense of well-being and personal fulfillment? How have they impacted your relationships?

**Personally speaking, it wasn't until I took a look at what was going on internally that I realized why I had been stuck for so long.**

When I did that, I discovered that my beliefs – around money, work, myself, rich people, what it would take to be successful, and much more – were dictating my life.

For the first time, I understood how much my own beliefs were limiting the amount of financial success and personal fulfillment I could experience.

That realization was a huge turning point for me. It was *the* moment when I began to understand that **I'd only be able to change my life once I'd changed my beliefs.**

As important as my realization was, that alone never could have transformed my life. It was only when I used the tapping technique to *transform* my beliefs (I'll share how soon) that my work, finances and daily life began to follow suit.

Because the truth is, even when you know your limiting beliefs are standing in your way, transforming them isn't always just about force-feeding yourself positive beliefs.

**I'm a huge believer in positive thinking, but just *thinking* positive thoughts often isn't sufficient to overwrite limiting beliefs in a deep and lasting way.**

The fact is, beliefs around money, success and happiness are so deeply ingrained that they look and feel like "the truth." They're often connected to deep emotions, and sometimes to old, buried memories as well.

Until we're able to access these deeper root(s) of our beliefs, transforming them can



feel like a long, slow climb up a large, steep mountain.

And while I was more than willing to put in the time and effort to transform my beliefs, spending years, even decades “working on it” wasn’t what I wanted. I wanted deep and lasting transformation, and I wanted it yesterday.

Can you relate?

If you’ve spent as many years as I did searching and reaching for success and abundance that’s authentic to who you are, what you love to do, and how you want to live your life, I’m sure you know what I mean.

The truth is, **in order for positive beliefs to support you in living the abundant and fulfilling life you deserve, you have to *truly* believe them, not just mentally, but emotionally as well on a subconscious level.**

One of the fastest and most powerful ways to access the deeper roots of your beliefs—information that’s often stored in the subconscious mind—is through the body.

That’s what makes the tapping techniques I’ll share in this book so powerful. They don’t just stuff new positive beliefs down your throat, hoping that your subconscious will follow suit.

Instead, the techniques I’ll share guide you toward a time-tested process of transformation that’s both **deeper** and **faster**.

The solutions I’ll teach you in these pages will allow you to release old limiting beliefs and become mentally and emotionally invested in new and more empowering beliefs.

Once that happens, your entire life begins to transform. With your new, empowering beliefs as deeply ingrained as your old ones once were, your experience around work, money, success and fulfillment naturally begin to support the abundant and fulfilling life you deserve.

**The first step in this process of transforming your limiting beliefs is identifying them.**



Even if you think you already know what they are, I urge you to take the time to go through this list of 103 disempowering beliefs one at a time, and **be honest with yourself about how true each belief feels.**

And I want to stress the word **feels** because that's where you get a true measurement.

You might have a conscious "positive thinking" belief of, "I'm a good salesman/woman" but when you stop and read that statement aloud and feel it in your body, you might suddenly feel the truth of that subconsciously as you think something like, "No I'm not. Who am I kidding? I never get good results." That gut feeling that comes up is the true measurement of our beliefs.

As you go through this process, make sure to read each statement aloud (or internally if you don't have the space to do that because of others around you) and FEEL in your body how true each statement feels to you.

After you've gone through this process of identifying your limiting beliefs, in the next chapter, you'll begin eliminating them using Tapping, the incredibly powerful and effective technique that I use, and have shared with thousands of clients who are reaping the rewards of their new lives each and every day.

So let's get started!

## **Exercise: Identifying Your Limiting Beliefs**

To do this exercise, you'll need 10 - 15 minutes of uninterrupted time. As I mentioned, ideally, you'll want to read each belief out loud, and **rate how true it feels on a scale of 0 - 10, with 10 being completely true, and 0 being not true at all.**

For each limiting belief you rate — for instance, "I'm not good with money" — you'll then rate a related empowering belief — "I am good with money" — according to how true it feels on a scale of 0 - 10.

# 103 Disempowering and Empowering Beliefs About Money & Success

	<b>Disempowering Belief</b>	How true? Rate 0-10	<b>Empowering Belief</b>	How true? Rate 0-10
1.	I'm not good with money.		I am good with money when I give it my full attention.	
2.	I don't have a head for business.		Anyone can become skilled at business, including me.	
3.	Only people who are good at business can be successful.		I'm confident I'll learn the skills I need and find the right people to support me at the right times.	
4.	All the good people already have jobs or are too expensive for me to hire.		I'm confident that I'll be able to afford the help I need at the right times.	
5.	Success is 20% inspiration and 80% perspiration. That sounds too hard!		Perspiration feels great when it comes from doing something I love.	
6.	To be successful and wealthy, I'd have to "give it my all," and that's more than I want to give.		Success and wealth can and do co-exist with a rewarding and fulfilling personal life.	
7.	"Real" work is "hard" work.		Work feels rewarding when I'm doing something I love to do.	
8.	Honest money has to be "hard earned."		Money is best earned by doing work I love to do.	
9.	I hate marketing.		Marketing is a new and important part of my success.	

10.	I'm not a salesperson.		Selling is about helping people, and I can learn how to do that in ways that increase sales.	
11.	People who sell things are dishonest/sleazy.		By selling quality products and services, I'm helping people find much needed solutions to problems.	
12.	I can't find/afford the help I need.		I am willing to learn and practice new skills, and confident that I will find the support I need at the right times.	
13.	I just want to stick to what I'm good at, and let others handle the rest.		I am confident in my ability to lead myself toward a successful future, even when that means stepping out of my comfort zone.	
14.	I just want someone to tell me what to do.		Even though I don't yet have all the answers, I am confident in my ability to learn any new skills and knowledge I need to succeed.	
15.	I have no idea how to start a business.		I can learn everything I need to start, run and grow a successful business.	
16.	Leaders are born, not made, and I've never been a great leader.		Leaders learn about leadership, and then test-run what they learn. I can do that, too!	
17.	Getting rich is about being in the right place at the right time.		Lasting financial success is about bouncing back when things don't go as planned. That's part of what I'm learning now.	
18.	I've just never been lucky like that.		I don't have to be lucky to achieve financial success. I	

			can learn new skills, make wiser decisions, and get better results.	
19.	Nothing I do ever works, why would this time be any different?		I'm using tapping to overcome past disappointments, and create a more abundant and rewarding future.	
20.	Making more money means working more hours.		Using better tools and systems, I can figure out how to make more money without working too many hours.	
21.	I'm too busy just trying to get by/ break even.		Financial success and personal fulfillment are important to me, so they're worth making time and space in my life for.	
22.	I don't want to work that hard.		When I do work that I love, it's worth it.	
23.	Work = drudgery.		Work that I love fulfills and energizes me.	
24.	I hate working.		Work is rewarding when I'm doing things I love to do.	
25.	I hate/am bad at networking. and meeting new people.		I can learn to network and meet new people in ways that feel rewarding and worthwhile.	
26.	I don't like/am not good at working with other people.		It's safe for me relax and enjoy working with other people.	
27.	I'm not a people person.		I am great with people.	
28.	I don't know the right people.		I know lots of the right people, and I can meet even more.	
29.	People don't like me.		People like and respect me for who I am.	

30.	I don't like working with people because I can't handle conflict.		Working with people can be fun, and doesn't have to involve conflict.	
31.	Things are fine the way they are.		My life is already pretty good, and I'm looking forward to growing and expanding the good in my life.	
32.	I don't want to be greedy.		Making money is about creating financial abundance, and living up to my potential. It doesn't mean I'm greedy.	
33.	There are people who need money a lot more than I do.		My financial success contributes to others' financial success. This is not a zero sum game.	
34.	I'm just not good with people.		It's safe for me to relax and enjoy interacting with people, both professionally and personally.	
35.	I don't want to learn anything new.		I can relax and enjoy learning new things because it's a necessary part of achieving my dreams.	
36.	I don't like/am not good with technology.		I can be successful without becoming a "techie."	
37.	Starting over is too hard/too much work.		Starting something new is exciting! This is important to me, so it's worth the time and effort it requires.	
38.	I'm too old to try something new and/or be successful.		I'll never be too old to try something new and/or be successful.	
39.	If I haven't been successful by now, I never will be.		I've learned a lot over the years, and I can use all of that to be more successful than	

			ever.	
40.	I'm too old to work hard.		I'll never to be too old to pursue my passions and achieve success through them.	
41.	I'm not that good at anything.		I have many great skills and lots of important knowledge.	
42.	You need money to make money.		You don't need money to make money.	
43.	I never have money.		I can make money, and achieve financial success, in spite of my past experiences.	
44.	If I try to make a living from my passion, I won't be passionate about it any more.		Making money from my passion will make me love it even more.	
45.	The things I'm passionate about can't make money.		I'm confident I can find ways to turn my passions into new ways of making money.	
46.	Hobbies don't pay.		Hobbies can turn into profitable businesses.	
47.	If you're having fun at work, you're not getting enough done.		Doing work I love will only make me more productive and successful.	
48.	It feels wrong making money doing something I love.		It feels amazing making money doing what I love.	
49.	I grew up poor, so financial abundance isn't in the cards.		My past experience with money will only help me become wealthier.	
50.	Money stresses me out.		Money is a source of joy for me.	
51.	Money is dirty.		Money is pure and abundant.	



52.	Rich people are greedy.		Rich people are often generous.	
53.	Being successful/having money changes people.		Having a lot of money does not affect the kind of person you are.	
54.	Rich people are fake.		Rich people are often sincere.	
55.	Rich people have no morals.		Being successful/having money makes people better versions of themselves.	
56.	Other people get rich and famous.		Anyone, including me, can get rich and famous.	
57.	Having a lot of money makes you a bad person.		Having money means being an even better version of myself.	
58.	I don't deserve a lot of money.		I deserve lasting financial success and personal fulfillment.	
59.	Having a lot of money is bad.		Making a lot of money means you're helping lots of people.	
60.	When it comes to the rich and middle class, it's us against them.		When it comes to the rich and middle class, we're all in it together.	
61.	Having money means sacrificing your integrity.		Having money means being able to act on your integrity more often.	
62.	I don't like rich people.		I like many different people, regardless of their finances.	
63.	I just want to make enough to get by.		I am confident in my ability to make, handle and manage even very large sums of money.	
64.	If I'm successful, my family/friends won't like me.		My ever-growing circle of friends and family will still love and appreciate me once I	

			become rich and successful.	
65.	If I make more money, I'll have that much more to lose.		When I make more money, I'll have that much more to gain.	
66.	I don't need/want a lot of money.		I want and need a lot of money so that I can enjoy an abundant life, and that includes helping a lot more people.	
67.	Anything more than \$_____ is too much for me.		There is no amount of money that is too much for me. I am confident that I can make and manage financial abundance at a level beyond even my wildest dreams.	
68.	Dealing with/talking about money stresses me out.		I choose to feel relaxed and at ease when I deal with and discuss money.	
69.	When I think about success, it feels like it's not meant to be.		When I think about success, it feels like it is meant to be.	
70.	When it comes to work and money, I just want stability.		I can take calculated risks and achieve financial success without jeopardizing the important things in my life.	
71.	I'm a parent, I can't take risks.		I can take strategic risks and still be a good parent.	
72.	My kids need me, so I can't start something new.		I can start something new and still be available to my kids.	
73.	If I spend money on myself, that means less money for my kids.		My kids want me to be happy, which sometimes means investing in myself and my dreams.	
74.	It's irresponsible to take risks.		It's not irresponsible to take risks.	
75.	Taking risks is selfish.		Taking strategic risks in order	

			to pursue my dreams is wise and courageous, not selfish.	
76.	Wanting more money is selfish/shallow.		It's perfectly okay for me to want more money.	
77.	I hate my job, but it pays the mortgage.		I am confident that I can pay the mortgage (and more!) doing something I love.	
78.	It's too scary to try something new.		Even if it feels scary at first, I'm confident that I can move beyond the fear to pursue my dreams and try new things.	
79.	Every time I make big changes in my life, something bad happens.		Making big changes in my life is something I can learn to be comfortable with.	
80.	My life is falling apart, so I can't try something new.		My life isn't working, which means it's time to go for what I really want.	
81.	I have to fix my life before I can try something new.		In order to fix my life, I need and want to try something new.	
82.	I have health issues, so I can't try something new.		I'm confident I can manage my health while pursuing something new.	
83.	I don't have time to try something else.		I'm confident I can find time to try something new.	
84.	I'll start tomorrow.		I'm confident I can overcome my tendency to procrastinate, starting today.	
85.	There's never enough time to		I can always make time to	

	finish things.		finish things.	
86.	I'm too busy.		Achieving financial success and personal fulfillment is important to me, so it's worth making time for.	
87.	I wouldn't know what to do with that much money.		I no longer need to limit how much money I'd like to have. I can expand and grow along with my bank balances.	
88.	I don't like attention, so I'd rather just be a little bit successful.		I deserve and enjoy being noticed for who I am and what I accomplish.	
89.	I just want to work at home in my pajamas everyday.		It's safe for me to achieve success and be noticed for it. I can relax and enjoy an abundant life even more than I enjoy pajamas.	
90.	If I get what I want, I might lose it.		When I get what I want, I know I can maintain and build on my success.	
91.	If I have more money, that means other people have less.		Making money is never a me or them proposition. There's always enough money for everyone.	
92.	I already have a pretty good life, why do I need more?		I already have a pretty good life, and I look forward to welcoming even more abundance into my life.	
93.	I've had enough good fortune over the years already. I should let others have the rest.		I deserve to have good fortune, and there is enough for everyone.	
94.	If I can make \$_____, I'll be fine.		I am excited to attract more success and abundance into my life. I no longer need to limit	

			how much money I make.	
95.	I can't make (or have never before made) more than \$_____.		I can make as much money as I intend to.	
96.	I never have enough money, so I never will.		My past with money has no effect on how much money I can make now or in the future.	
97.	I'm of a certain cultural heritage/ race/gender/social or economic background, so there's only so far I can go.		My gender, race, religion, and cultural heritage do not limit my future success and wealth in any way.	
98.	When I make more money, I spend more. That's just life.		I'm confident that I can manage all the money I make, and have complete control over how money flows in and out of my life.	
99.	I can never afford what I want.		I can always afford what I want.	
100.	I just need enough to pay my bills.		I always make enough money to pay my bills--and a lot more!	
101.	I could never make more than \$_____.		There is no limit to how much money I can make.	
102.	Being rich is all about fancy cars and big houses, and I don't want any of that.		Being rich is a personal experience, and I can use and spend money however I choose.	
103.	I don't have a college or advanced degree, so there's only so far I can go.		My past education has no bearing on how rich/successful I can become.	

Congratulations, you've completed the first step!

Be sure to save this list of your limiting beliefs, since you'll need to refer to it later.



Before we continue, I wanted to mention one thing. After doing this exercise, people often feel overwhelmed by the sheer number of limiting beliefs they discover.

Don't worry, it's *completely* normal to have a long list! What people often find is that there are a few key limiting beliefs that are the biggest blocks. Once those are eliminated, their finances and life quickly begin to transform.

## CHAPTER 2

# What “Tapping” Is and Why It Can Rewire Your Brain and Body for Success

Next we’ll look at how beliefs impact you emotionally, mentally and physically.

You’ll also learn how to transform them with tapping, the simple, yet life-changing technique that you can use to rewire your brain and body to eliminate old, limiting beliefs and instill empowering beliefs that will take you and your life in an entirely new direction.

In addition I’ll share some of the science and research behind why tapping is so effective. I’ll also fill you in on what some of the world’s leading experts, from psychologists, to doctors, to life coaches, are saying about the technique.

### **Beliefs, The Brain and Your Body**

Most of us, at some point, were taught that thoughts and emotions are “just in our heads.” Thanks to research done over the past few decades, we now know that’s not true.

A simple belief, in fact, creates a cascade of emotional and physical reactions. **In other words, one thought—one belief—can shift your entire experience at any given moment.**

These changes happen so fast and so automatically that we’re often unaware of them. **Neuroscientists estimate that we operate at least 95% of our lives from subconscious programs.**<sup>1</sup>

That’s a HUGE number! Without our conscious awareness, the subconscious mind hijacks our emotions and body by initiating what’s called the **stress response**.

Before we look at that *stress response* in more detail, it's helpful to understand a little more about the brain.

When we're looking at transforming beliefs, **it's important to understand that the human brain focuses more on negative outcomes than on positive ones.**

In order to protect us, it has evolved to always assume the worst—it's biased toward negativity. In his book *Hardwiring Happiness*, Rick Hanson, Ph.D., explains the brain's "negativity bias" in more detail:

Our ancestors could make two kinds of mistakes: (1) thinking there was a tiger in the bushes when there wasn't one, and (2) thinking there was no tiger in the bushes when there actually was one. The cost of the first mistake was needless anxiety, while the cost of the second one was death. Consequently, we evolved to make the first mistake a thousand times to avoid making the second mistake even once . . . the default setting of the brain is to *overestimate* threats, *underestimate* opportunities, and *underestimate* resources both for coping with threats and for fulfilling opportunities. Then we update these beliefs with information that confirms them, while ignoring or rejecting information that doesn't. There are even regions in the amygdala specifically designed to prevent the unlearning of fear, especially from childhood experiences. As a result, we end up preoccupied by threats that are actually smaller or more manageable than we'd feared, while overlooking opportunities that are actually greater than we'd hoped for. In effect, we've got a brain that's prone to "paper tiger paranoia."

Can you relate to what Hanson calls "the special power of fear"? Most of us can because it's been hammered into our minds since before we can remember.

Think about your own experience. Imagine that, near the end of an otherwise great day at work, you get an ambiguous, potentially troubling email from a boss or client.

Are you most likely to end your day focusing on all the great things that *actually* happened, or the one *possibly* negative email you received? For most, that one email quickly overshadows the entire day.



That's remarkable, if you think about it, since the full meaning of the email *isn't even clear*. It may be no big deal, but even before understanding whether the email is actually negative, your brain disregards all of the positive experiences that actually happened and instead focuses on what *might* be wrong.

Within seconds, your brain decided that this *potential* threat is more significant than the many positive experiences that have already occurred.

That's your primitive brain at work. That's how the brain's negativity bias works.

To put it another way, because of how our brains evolved, negative experiences regularly outweigh positive ones.

The psychologist Daniel Kahnemann was awarded the Nobel Prize in economics for showing that **most people will make more effort to avoid loss than to benefit from an equivalent gain.**

In intimate relationships, it typically takes *at least* five positive interactions to counterbalance every negative one.

And for people to begin to thrive in life, positive moments usually need to outweigh negative ones by at least a three-to-one ratio.

When you think about your own finances and work, as well as your experiences around success and personal fulfillment, have you typically had THREE times more positive experiences than negative ones?

For most of us, the answer is *no*, or at least, *I don't know*. Either way, the brain's "negativity bias" is running the show.

The question then becomes, how can we interrupt this "negativity bias" in a way that produces positive, lasting transformation? That's where the *stress response* comes in.

## **Disrupting The Stress Response**

The amygdala, a key component of what we refer to as the "primitive brain," is the area of the brain that gets activated when you're under stress.

It's also involved in emotions, and typically gets activated more by negative experiences than by positive ones.

While the brain's negativity bias has done a great job of protecting us, it also causes enormous stress. When your body is under stress, it secretes the hormone cortisol, also known as the "stress hormone."

**When you experience ongoing stress for a long period of time, your body continues releasing excessive amounts of cortisol, which has a host of effects on your mental, emotional and physical state.**

If you're perpetually stressed about money, for instance, your cortisol levels may remain elevated, which may lead to symptoms like:

- Poor sleep (insomnia, sleep disruptions, or waking up exhausted after a full night's rest)
- Slower metabolism
- Fatigue
- Weight gain
- Difficulty concentrating
- Lowered creativity
- Decreased problem-solving abilities
- Lower productivity
- Less likely to exercise, eat nutritious food, and take care of yourself in other ways
- Depression
- Weakened immune response (making you more vulnerable to illness, chronic pain, etc.)

This stress cycle goes on and on, diminishing your ability to be your best, feel your best, and perform at your best. The high levels of the "stress hormone" cortisol in your body are now running your life.

That's where tapping gives us a unique advantage.

Tapping involves tapping lightly on acupuncture points with your fingertips.

**These points on the body were first viewed in the laboratory in the 1960s, and have since been documented using Doppler ultrasound and thermal imaging equipment.**

Research findings confirm that these points are noticeably different from other points on the body, displaying high-density “nerve bundles” and muscle “trigger points.”<sup>2</sup>

Used for more than 2,000 years in Chinese medicine, acupuncture points are thought to carry information between the brain and body. Basically, **they function like a super highway, passing information between the body and the subconscious mind.**

Tapping on these points has been shown to produce fast and dramatic results. In a double-blind study conducted by Dawson Church, Ph.D., tapping was shown to produce, on average, a 24 percent drop in cortisol after just one hour of tapping.

During that same hour, in a second group that used only talk therapy, participants drop in cortisol levels was ½ of what it was with the Tapping group. That’s *huge!*

In addition to lowering stress in the brain and body, research has shown that acupuncture, and potentially also acupressure, **increases endorphin levels in the body.**

Since tapping engages acupressure points while also lowering cortisol, tapping, like acupuncture, may allow the body to release the endorphins that put you in a more positive frame of mind, boost your energy, concentration and creativity, improve your sleep, relieve physical pain, and more.

These positive changes that happen in your brain and body during tapping are part of the body’s relaxation response. By lowering cortisol in the body, **tapping sends a calming message to the amygdala, which is part of the “primitive brain.”**

This ability to communicate with the subconscious mind and the body at the same time is part of what makes tapping so powerful for transforming deeply ingrained beliefs.

## **From “Getting By” To Abundance & Fulfillment**

The best way to illustrate how powerful tapping is for overcoming limiting beliefs is with stories of real people who have used tapping to transform their beliefs first, and then



their finances, work, and lives.

Nancy is just one of many people who have done exactly that. When I first met her, Nancy felt stuck. Stuck in debt, stuck in her “boom or bust” business, stuck in financial overload and To Do list overdrive – not to mention emotional burn out.

At first all she wanted was to find a better way to “get by.”

After years of working in her own business as a sobriety coach, Nancy had achieved what looked like success.

She’d been through “boom” times, when her income was peaking, but always, they were followed by another “bust,” when her income dipped to a dangerously low level.

Her income would be up, then down, over and over again.

It’s a pattern so many people have experienced, and as the years go by, that financial roller coaster ride can get pretty frustrating!

For Nancy, even the “boom” times didn’t feel good. As a sobriety coach, she would often get called in after an intervention had been staged, and then be left to work with clients who didn’t want her help.

Her work, business, schedule and finances – all of it was draining her of energy, passion, creativity, and well-being.

That’s when Nancy decided to try tapping. Using my tapping exercises to quiet the anxiety, fear and other emotions she was feeling, Nancy began to do something she’d been too afraid to do in the past – step back and take an honest look at her career, her finances, and her life.

It’s a practice most of us avoid when we feel powerless around our finances, work, and success. We put blinders on, and try to keep moving forward. If we just do more, we think, or do more faster...

What happens, though, is that by depriving ourselves of the opportunity to take an honest look at our lives, work, and finances, we also lose out on the chance to notice



and transform the beliefs that shape our lives.

As Nancy shared, when she first began tapping,

“I was hoping to find a quick fix to fill the bottom layer of the monetary hole I’d been digging for decades... My commitment to playing small was well disguised by a career that involved celebrity clients, exciting external perks and the illusion I worked for myself. The truth is, I had very little freedom and was exhausted from the constant chaos, travel and toxic situations. Tapping helped me through my denial.”

Using tapping, Nancy was able to quiet her anxiety around money, work, and her future.

In that calmer mental, emotional and physical state, she realized that her belief that no matter how hard she worked, all she could ever do was “get by,” was limiting her experience.

That belief had made her feel anxious and hopeless, and as a result, she had abandoned her bigger dreams.

Just two years earlier, Nancy had written a book that she knew would help people. After finishing the book, she’d had the idea to share parts of it on social media and then run a contest where readers get to suggest a title for the book.

After using tapping to release her anxiety and fear around putting herself and her work “out there” in such a public way, Nancy created a website for her book and proceeded to launch it. After two years of stalling, she did all of this in a matter of weeks.

Readers from around the world were soon suggesting titles for her book!

Using tapping, Nancy also released her shame about the debt that she’d accumulated over many years.

Financial solutions and new sources of revenue began to appear – and more have kept coming! Once she’d transformed her beliefs, her work, finances, and entire life completely changed. Here’s what she had to say about it:



“For the first time in my adult life, I am optimistic about my finances... I’ve also transformed relationships, learned to say no, set healthy boundaries and honor myself. I have never felt more confident, free from my old “stories” or available to receive all the good that has been flowing my way. **After two decades of studying personal growth, I can honestly say this is THE solution that changed my life.**”

Are you ready to experience that same kind of transformation? Let’s start tapping!

## **How To Tap**

One of the great things about tapping is how simple and accessible it is. It’s something you can do at any time, in any place, and get the relief you desire.

When tapping, the best place to start is with whatever issue is bothering you most. We call this your MPI, or “Most Pressing Issue.”

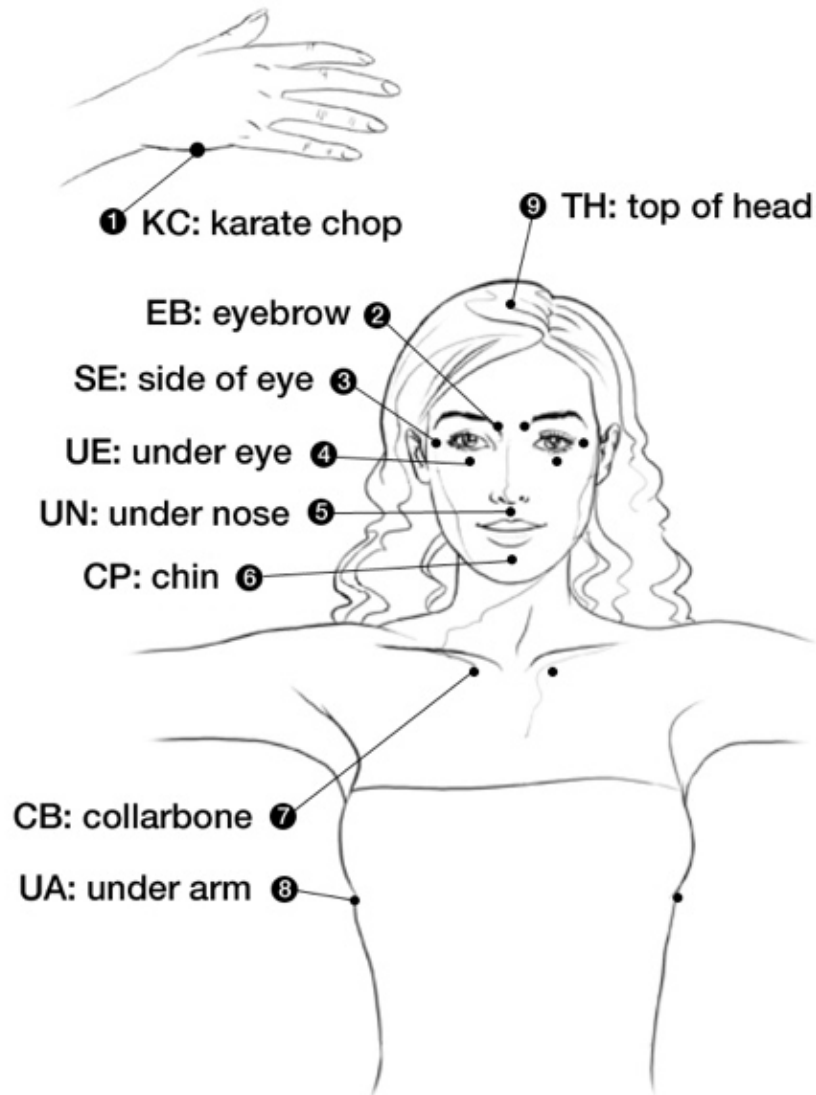
Even if your goal is to transform your beliefs around money and work, if you have a headache, begin by tapping on your headache.

You may even discover that your headache is related to your finances, but regardless, remember to address your MPI first.

## **The Tapping Points**

(To get a visual perspective on how to do the Tapping, where the Tapping points are, and how to best get results, make sure to attend one of my free webinars on **[“How to Create an Abundant, Stress Free, Financial Future Faster Than You Ever Thought Possible” by clicking here!](#)**)

The practice involves tapping on a series of points on the body while speaking your thoughts and emotions. Let’s look first at where these points are:



When you're tapping, the more specific you can be, the better. Instead of saying, "This headache," you can say, "This throbbing pain in my forehead."

Similarly, instead of saying, "This money stress," you can say, "All the stress I'm feeling about the bills I need to pay," etc.

We usually begin with the Karate Chop points while repeating what's called the Setup Statement. We then repeat a "reminder phrase" to tap through the remaining points on the body.

Here's how to begin tapping now:

1. **Pick a target.** Be very specific about what you want to work on. For instance, "The frustration I have over this project at work."
2. **Measure your emotion** or physical discomfort on a scale from 0 to 10, where 10 represents the most discomfort and 0 represents no discomfort at all.
3. You then use this to create what's called your **Setup Statement**. The Setup Statement is structured like this:

"Even though I (state the problem), I deeply and completely accept myself."

*Examples:*

"Even though I have this throbbing aching pain in my lower back, I deeply and completely accept myself."

"Even though I'm really angry because my boss didn't approve my idea, I deeply and completely accept myself."

4. Tap lightly with your fingertips on the karate chop point while you say the setup statement three times.

5. Move to tapping through the points (illustrated above) while using the reminder phrase. A reminder phrase contains the words you use while tapping on the points on the face and the body. It helps you stay focused on the energy you need to clear. It's not about your wording; this is about being honest and feeling the emotion or pain as you tap.

*Examples:*

"this throbbing back pain" or

"this frustration over not getting the promotion"

"all this anxiety over the bills I have to pay"

6. Once you've tapped through the points, take a deep breath in and check in to see how you feel. On a scale of 0 to 10, how did the feelings change?



7. Be persistent! Continue tapping until the intensity comes down. Often an underlying emotion may surface. Feel free to shift the tapping to the feeling that has the strongest charge. The key to getting results is to be very specific when you target the problem.

### **What Experts Are Saying About Tapping**

“I love the idea that you can teach somebody to use it, and it, very often, will quickly improve the quality of their life.” – Cheryl Richardson, *NYT* Best-selling author

“I think we’re all looking for something to make us feel better, but in a real way. This isn’t just taking a pill.” – Carol Look

“It’s easily learnable and doable.” – Jack Canfield

“It is an amazing resource tool, and it should be in everyone’s first aid kit... It is profoundly powerful. It has manifested literally miracles in my own life.” - Dr. Joseph Mercola, Founder, Optimal Wellness Center

“EFT is like peeling layers of an onion, and we just keep finding things... it’s just remarkable how these things open up and they feel a new feeling of relief, and you see people just sort of sitting up and breathing easier...”  
– Brad Yates

“EFT is, by far, the most empowering tool because you can use it yourself, you can use it with others, but you always have it available to you once you get in the habit of being honest and choosing where you want to go.” - Rick Wilkes

### **Tapping Script: Quieting The Sense of Urgency**

When most people begin this process, they feel a sense of urgency about getting results. As I did when I was in all of that debt, you probably want progress *NOW*.

This urgency creates stress, which, as we’ve seen, can get in your way. Let’s spend a few minutes now tapping on letting go of this sense of urgency.



To begin, think about the urgency you feel around getting results now. Give that feeling of urgency a number on a scale of 0 – 10 here: \_\_\_\_

Take three deep breaths.

We'll start by tapping three times on the Karate Chop point.

**Karate Chop:** Even though I feel so much urgency around getting results now, I deeply and completely accept myself.

**Karate Chop:** Even though I feel so much urgency around transforming my finances and life right now, I deeply and completely love and accept myself.

**Karate Chop:** Even though I feel so much urgency around transforming my finances and life now, I love myself and accept how I feel.

**Eyebrow:** Feeling so much urgency around this

**Side of Eye:** Really need things to change

**Under Eye:** Really need my financial situation to transform

**Under Nose:** Really need my life and sense of fulfillment to improve

**Under Mouth:** I can't go on like this

**Collarbone:** It's been too long already

**Under Arm:** So much urgency around needing things to change now

**Top of Head:** I can't wait any longer

**Eyebrow:** So much urgency around all of this

**Side of Eye:** Sometimes I feel panicked

**Under Eye:** And that makes me feel powerless

**Under Nose:** Like there's nothing I can do to change things

**Under Mouth:** So much urgency around all of this

**Collarbone:** It's really stressful

**Under Arm:** I don't like feeling this way

**Top of Head:** This urgency and panic aren't helping me

**Eyebrow:** I can let myself relax into this process

**Side of Eye:** I can let myself feel calmer now

**Under Eye:** I can make more progress when I'm relaxed

**Under Nose:** It's safe to feel safe

**Under Mouth:** Even though a lot needs to change

**Collarbone:** I can still let myself relax into this process

**Under Arm:** I can let myself relax now

**Top of Head:** I can trust myself to keep tapping

**Eyebrow:** It's safe to feel safe

**Side of Eye:** It's safe to trust this process

**Under Eye:** I can do it one step at a time

**Under Nose:** And still make big progress

**Under Mouth:** It's safe to feel safe

**Collarbone:** It's safe to trust this process

**Under Arm:** I can relax and still move forward

**Top of Head:** It's safe to relax now

**Eyebrow:** Releasing this sense of urgency now

**Side of Eye:** Letting go of any remaining panic now

**Under Eye:** It's safe to trust this process

**Under Nose:** It's safe to feel relaxed

**Under Mouth:** It's safe to feel safe now

**Collarbone:** Allowing my body and mind to feel relaxed now

**Under Arm:** Feeling calmer and more relaxed now

**Top of Head:** Allowing myself to relax and feel calmer now

Take three deep breaths. On a scale of 0 – 10, rate the intensity of your sense of urgency and panic here: \_\_\_\_

Keep tapping until you get the relief you're seeking.

### **Accepting The Negative First**

As you just experienced, when tapping, we begin by focusing first on negative emotions and limiting beliefs.

When I say this, people often worry that they're rooting themselves in the negative when



what they want to do is feel and be more positive.

As we've seen, however, we have to clear out the negative before we can instill the positive.

As Louise Hay, often referred to as "the queen of affirmations," put it during an interview I did with her about tapping:

*"If you're going to clean a house, you have to see the dirt. If you're going to clean a turkey pan, if you're going to clean the dishes, if you're going to work on yourself, you have to see the dirt that you're cleaning, and then when you do that, you can do lots of good affirmations."* – Louise Hay, NYT best-selling author and Founder of Hay House Publishing

Tapping on the negative is a crucial part of this "cleaning" process. No amount of positive affirmations will make the dirt in a house go away.

You need to first acknowledge the dirt, clean it up, and then move to the positive. Once it's gone, positive beliefs feel true rather than forced.

## CHAPTER 3

# How to Use Tapping to Change Your Beliefs About Money and Success

Are you ready to begin transforming the limiting beliefs that are preventing you from living the life you deserve?

Now that you're aware of your limiting beliefs and you know how to tap, it's time to begin paving the way for financial abundance, success, and fulfillment. Let's keep going!

To do the 2-part exercise in this chapter, you'll need about 20 minutes of uninterrupted time, ideally in a quiet, comfortable place where you can write, relax and tap out loud without disrupting anyone or feeling self-conscious.

You'll also need a pen, and quick access to the list of limiting beliefs you rated in Chapter 1.

### **Exercise, Part 1: Clearing Limiting Beliefs**

Let's begin by taking a look at the list of limiting beliefs you identified in Chapter 1. Remember, it's completely normal to have a long list of limiting beliefs. Don't worry about how many you have.

Start by picking one belief that feels *very* true.

Write that belief here (Or on a piece of paper if you're reading this on an electronic device):



Read your belief out loud now. Rate how true it feel on a scale of 0 – 10 here: \_\_\_\_\_

Now read your belief out loud again, and this time, tune into how your body feels.

The body contains an incredible amount of information.

As we become adults, we often learn to tune it out. When we become more aware of what is happening in the body, we can more quickly access the “primitive brain” we discussed earlier.

That’s where our deeper emotions and beliefs are stored, so paying attention to what’s going on in your body is a key part of the process.

If you’re not noticing any sensations in your body, that’s something! You can tap on “nothingness” or feeling “blah” or “numb.”

As you’re tapping, don’t worry about getting anything “right.”

The tapping scripts I provide are guides that you’re welcome to use, but don’t hesitate to substitute your own words.

It’s always best to tap on your own experience. And you can, of course, get more direction and detail on how to tap in my webinar presentation by clicking [here](#).

Take three deep breaths.

Start by tapping on the Karate Chop point three times:

**Karate Chop:** Even though this belief makes me so uncomfortable, I deeply and completely accept myself.

**Karate Chop:** Even though this belief makes me uncomfortable, I can feel the discomfort in my body, I deeply and completely accept myself.

**Karate Chop:** Even though looking at this belief stresses me out, I can feel the stress in my body, I choose to relax now.

**Eyebrow:** I don't want to look at this belief

**Side of Eye:** My body's reacting to this belief

**Under Eye:** I've got some anxiety and stress around this belief

**Under Nose:** I wonder what's going on

**Under Mouth:** My body feels unsettled

**Collarbone:** This belief

**Under Arm:** Looking at this belief

**Top of Head:** Focusing on this belief

**Eyebrow:** I get a little stressed

**Side of Eye:** Or maybe a lot stressed

**Under Eye:** This belief

**Under Nose:** Focusing on this belief

**Under Mouth:** And all the stress that comes with it

**Collarbone:** Gaining clarity on this belief

**Under Arm:** I wonder what's really going on

**Top of Head:** I wonder what's really going on with this belief

**Eyebrow:** It's safe to get clearer about this belief

**Side of Eye:** It's safe to get clearer about the emotions connected to it

**Under Eye:** It's safe to gain more clarity

**Under Nose:** And feel the emotions that come up when I think of it

**Under Mouth:** Releasing all this stress

**Collarbone:** About looking at this belief

**Under Arm:** It's safe to look at this belief

**Top of Head:** It's safe to feel the emotions connected to it

Take a deep breath. How do you feel now? Did you experience a shift in your body and/or emotions? Keep tapping if you'd like more clarity.

Describe the primary emotion you're experiencing now:

Rate the intensity of your primary emotion from 0 to 10: \_\_\_\_

Let's keep tapping.

**Karate Chop:** Even though I feel <emotion you're feeling> when I focus on this belief, I deeply and completely accept myself.

**Karate Chop:** Even though I feel <emotion you're feeling> when I focus on this belief, I deeply and completely accept myself.

**Karate Chop:** Even though I feel <emotion you're feeling> when I focus on this belief, I deeply and completely accept myself.

**Eyebrow:** So much emotional intensity around this belief

**Side of Eye:** All this stress

**Under Eye:** It's not comfortable feeling this

**Under Nose:** So stressful

**Under Mouth:** I don't want to feel this

**Collarbone:** I don't want to look at this

**Under Arm:** It's not safe to feel this

**Top of Head:** I don't like how this feels

**Eyebrow:** Why am I feeling this way?

**Side of Eye:** What's this intensity all about?

**Under Eye:** When did this belief start?

**Under Nose:** What's all this emotional intensity about?

**Under Mouth:** It's safe to look at this

**Collarbone:** It's safe to let myself feel this way

**Under Arm:** So much emotion around this belief

**Top of Head:** What's it all about?

**Eyebrow:** It's safe to feel this way

**Side of Eye:** I wonder where this started

**Under Eye:** I wonder why I'm feeling this way

**Under Nose:** Where does this belief come from?

**Under Mouth:** When did this belief start?





**Collarbone:** Why am I feeling so much emotional intensity around this belief?

**Under Arm:** What are these emotions all about?

**Top of Head:** When and where did it all come from?

Take a deep breath, and rate the intensity of your emotion from 0 – 10 now: \_\_\_\_

If you don't yet have answers to any of the questions you asked yourself, keep tapping until you get more clarity.

If a memory or event came to mind, describe it here:

When you think of this event or memory, how much emotional intensity do you experience? Rate it from 0 – 10: \_\_\_\_

To release the emotional charge from this memory, begin tapping through the points (you can skip the Karate Chop for this) as you tell the story of your memory out loud.

For example, if the memory is from being fired from your first job and feeling like a failure as a result, your tapping might go something like this:

**Eyebrow:** I got fired

**Side of Eye:** I feel like a failure

**Under Eye:** I failed

**Under Nose:** "You're fired" he said

**Under Mouth:** He seemed happy to be firing me

**Collarbone:** He wanted me to feel badly

**Under Arm:** I feel like such a failure

**Top of Head:** This memory still feels so intense

**Eyebrow:** "You're fired!" he said

**Side of Eye:** You're fired!

**Under Eye:** You're fired!

**Under Nose:** I feel so angry right now

**Under Mouth:** He didn't have to be so heartless

**Collarbone:** I hate those words

**Under Arm:** You're fired!

**Top of Head:** You're fired!

**Eyebrow:** I hate those words

**Side of Eye:** But I also hated that job

**Under Eye:** And my boss was terrible

**Under Nose:** I hated that job

**Under Mouth:** You're fired!

**Collarbone:** I hate those words

**Under Arm:** But I also hated that job

**Top of Head:** Maybe he did me a favor by firing me

**Eyebrow:** It was the wrong job for me

**Side of Eye:** I hated that job

**Under Eye:** I got fired

**Under Nose:** But I'm not a failure

**Under Mouth:** I just hated that job

**Collarbone:** He didn't have to be so heartless

**Under Arm:** He didn't have to be so mean

**Top of Head:** But getting fired doesn't make me a failure

**Eyebrow:** I can let go of all of this anger around being fired

**Side of Eye:** And release my fear around being a failure

**Under Eye:** I'm not a failure

**Under Nose:** That was just the wrong job for me

**Under Mouth:** I hated that job!

**Collarbone:** I'm not a failure

**Under Arm:** Releasing all this anger, fear and sadness around getting fired now

**Top of Head:** Releasing it from every cell in my body now

Take a deep breath, and rate the emotional intensity of that event or memory from 0 – 10 now: \_\_\_\_

Keep tapping until the intensity is lower, or you get the relief you're seeking.

### ***If An Old Belief Gets Triggered***

There may be times when you think you've cleared a limiting belief only to realize that something has triggered it anew. If that happens, don't stress! Just return to this process. There may be hidden layers you still need to release. Some beliefs can take longer to release. The good news is, those big breakthroughs can lead to huge transformations in your finances and your life!

### **Exercise, Part 2: Instilling The Positive**

Once you've cleared the root(s) of your limiting belief, it's time to start tapping *in* the opposing positive belief.

To start, return to the original belief you focused on at the start of this chapter.

Read it aloud one more time, and rate how true it feels on a scale of 0 – 10 now: \_\_\_\_

If it's still a 5 out of 10 or higher, return to the steps above to continue clearing it.

If it's lower than a 5, write the opposing positive belief you'd like to instill below:

---

Rate how true this positive belief feels now on a scale of 0 – 10: \_\_\_\_

Start tapping now. Beginning with the Eyebrow point (you can skip the Karate Chop point this time), speak your positive belief out loud as you tap through the points. You can also voice any emotions you experience as you tap.

If my positive belief were, "Success is always available to me," my tapping might look something like this:

**Eyebrow:** Success is always available to me

**Side of Eye:** I am not a failure

**Under Eye:** Success is always available to me

**Under Nose:** I can succeed at any time

**Under Mouth:** Success is always available to me

**Collarbone:** That's exciting to think about!

**Under Arm:** Success is always available to me

**Top of Head:** I can do this!

**Eyebrow:** I can be successful at many of the things I do

**Side of Eye:** I can take action toward my dreams

**Under Eye:** Success is always available to me

**Under Nose:** I can notice my successes

**Under Mouth:** I can feel good about my successes

**Collarbone:** Success is always available to me

**Under Arm:** Even when everything doesn't work perfectly

**Top of Head:** Success is always available to me

**Eyebrow:** I can celebrate all of my successes

**Side of Eye:** I can enjoy the little victories

**Under Eye:** As well as bigger ones

**Under Nose:** Success is always available to me

**Under Mouth:** It's exciting to think about

**Collarbone:** It's safe to feel this excitement

**Under Arm:** Allowing myself to relax into this new belief

**Top of Head:** Trusting that success is always available to me

When you're done tapping, take a deep breath.

Repeat your new positive belief out loud again, and rate how true it feels on a scale of 0 – 10: \_\_\_\_

In this case your number may have gone up. That's a good thing, since you're tapping *in* a positive belief, so you want it to feel very true.

Congratulations! You have systematically tapped through your limiting belief and begun



instilling a new positive belief. That's huge progress!

In the next chapter, you'll see how to use this momentum to move your finances, your work and your life forward faster than ever before.

## CHAPTER 4

# What To Do Next – How To Catapult Your Results with Tapping

*“Your beliefs become your thoughts.  
Your thoughts become your words.  
Your words become your actions.  
Your actions become your habits.  
Your habits become your values.  
Your values become your destiny.”*  
- Mahatma Gandhi

I was hosting a group tapping call one evening when an attendee named Mark asked a question. After answering it, I got curious, and asked him to talk more about what was going on in his life.

It was clear right away that Mark was under a lot of stress. At 3 AM most mornings, he would shoot up in bed as a painful sensation, like a bolt of electricity, raced up his spine.

As soon as he awoke, his mind would fill with things he needed to do that day, which prevented him from falling back to sleep.

The pain in his back would then continue radiating up and down his spine throughout the rest of the day.

Since the best place to start with tapping is with what’s bothering you most, I began by leading Mark through several tapping rounds on his back pain. After just a few minutes of tapping, his back pain decreased significantly.

Excited about his pain relief, Mark then shared that he was feeling stuck, particularly

around his work and finances. In addition to facing tight work deadlines, Mark knew that he needed to deal with several important financial planning matters.

Every time he thought about them, however, he felt an overwhelming sense of dread. As a result, he'd been unable to take action that he *knew* would improve his financial situation and give him peace of mind.

Have you ever done that—avoided taking action that you KNOW will improve your finances and your life?

When we're blocked by limiting beliefs and negative emotions, our conscious desires and intentions often aren't powerful enough to move us forward.

The subconscious resistance we feel takes over, keeping us stuck in a place we don't want to be.

I led Mark through several rounds of tapping on his feeling of being stuck. As we were tapping, Mark suddenly remembered an interaction he'd had with his father when he was 18 years old. At the time Mark had just returned home from an extended trip to Europe.

His father, an angry, abusive man who had used fear to control his two sons, walked into Mark's room, and without saying a word, threw a stack of credit card bills onto the bed.

Unsure what his father's gesture meant, Mark had spent weeks fearing for his safety.

Was his father planning on cutting him off financially? Kicking him out of the house? Would he face physical punishment for his travel spending?

As we were tapping, Mark, who now had his own teenage boys, realized that he had never fully released the fear he'd felt with his father all those years ago.

Since his father had never explained what his gesture had meant, Mark had spent the many years since feeling that he was incapable of managing money. "I'm not good with money" had become a deeply ingrained belief for Mark.



We did some tapping on Mark’s memory of his father, and on the anxiety and dread he felt every time he thought about his finances and the belief “I’m not good with money.”

At one point during our tapping, Mark’s anxiety around money turned into anger toward his father. We tapped on that anger for several minutes, ending with a couple of tapping rounds on releasing it.

When I paused to check in with Mark, he shared that his anger, as well as his anxiety and dread, were nearly gone. “I actually feel like I want to go get some work done,” he shared.

In less than twenty minutes, Mark’s entire experience had changed!

Instead of believing “I’m not good with money,” Mark realized that his money troubles were the result of avoidance rather than an inability to handle money well.

No longer bogged down by that old, limiting belief, or the emotions it had caused, Mark was able to take swift and effective action that brought peace of mind and set him up for future financial reward. What a difference!

## **The Surprising Secret to Faster Progress**

Like Nancy, who made huge strides in her life after clearing her belief about “getting by,” when Mark cleared his “I’m not good with money” belief, he was able to make big progress with his finances and his life.

That’s often how this process works. However ironic it may seem, the fastest way to move toward the life you deserve is by focusing on clearing one limiting belief at a time.

By overcoming one limiting belief at a time, Mark, Nancy, and I, along with the thousands of others I’ve worked with, have completely transformed their financial situations by doing work we love while living lives full of abundance, meaning, purpose and fulfillment.

It does take some commitment, though, and the more limiting beliefs you clear, the





faster you can transform your life.

What are you willing to commit to?

How many limiting beliefs can you clear today?

Can you commit to clearing one limiting belief per day? Three per week?

If setting a goal like this doesn't feel comfortable, notice how you're feeling and tap on it!

Start with small steps, and build on them as you gain clarity and confidence. The most important thing is to keep tapping.

## **The Success Mindset**

A huge part of success is attached to really nurturing yourself, loving yourself, thanking yourself, and rewarding yourself.

Some people struggle with this, worrying that accepting themselves as they are, without money or fulfillment, means they will always be poor in these ways. But that's not how it works.

**To move more quickly toward the abundant, fulfilling life you deserve, you need to accept and appreciate what you have and who you are now.**

The reality is, the world will reward you when you are your greatest, most authentic self. That's as true for your finances as it is for your sense of fulfillment.

Sure, there are people who make money being miserable, *inauthentic* people, but remember that at the end of the day they're still miserable!

What's the point of earning more money if you're not going to enjoy it and be happier with it?

Money will only magnify your experience in life. You can either magnify your misery, or give yourself more opportunity to do the things you love, and live a truly rich, meaningful and

fulfilling life.

Success will sometimes come in small “packages,” and at other times, in bigger ones.

Celebrate all of it. Every time you tap, congratulate yourself. Every time you take action as a result of a new, positive belief, pat yourself on the back. Notice every single victory and success you experience, and build on each one.

### **If You Get Stuck**

Some beliefs can be harder to transform than others. If you get stuck, try asking yourself these questions:

- What’s the downside of letting go of this limiting belief or emotion?
- What would change if I didn’t have this limiting belief/feel this emotion?
- How does this limiting belief/emotion serve me?

Your answers to these questions then become the words you say as you tap.

### **You Can Do This!**

Like any new exercise or skill, you need muscle memory. You need brain memory. Whether you’re learning a new language or playing a new sport, it takes practice.

Tapping through your limiting beliefs, and the emotions and events that are attached to them, may feel uncomfortable at first. If change scares you, know that’s normal—and then tap on it!

There may be times when you’re not in the mood to do your tapping, times when you feel like you can’t spare the time. Tap on it!

Just imagine how amazing it will be to wake up a few months or a year from now, and be living an entirely new life full of financial abundance and personal fulfillment, doing work you love with people you enjoy being with... just imagine how THAT will feel.



## **How to Catapult Your Speed of Growth**

There are two powerful resources that I highly recommend for moving significantly faster through this process.

### **#1 is to sign up for one of “The Tapping Solution for Financial Success and Personal Fulfillment” webinar presentations.**

I know I’ve mentioned this a few times in this book but it’s because I’m so passionate about helping you to get faster and longer lasting results!

Make the time to join one of my presentations. I promise you, it’s worth it!

Go here to sign up now:

[www.thetappingsolution.com/af/financial-success](http://www.thetappingsolution.com/af/financial-success)

### **#2 is my 7 week program called “The Tapping Solution for Financial Success and Personal Fulfillment.**

This 7 week process will catapult the speed at which you can overcome your limiting beliefs. The program also goes much deeper than I could possibly go in a book alone.

I could list story after story of people changing their lives through this program, but the best way for you to learn what this program is and how it can help you is by going here:

[www.thetappingsolution.com/eg-freedom-af](http://www.thetappingsolution.com/eg-freedom-af)

That’s it for this book! You’ve finished reading it but the bigger question is...have you done the Tapping? Have you gone through and figured out your negative limiting beliefs and have you worked to clear them?

Knowledge can only take you so far. It’s the action you take with it that makes all the difference. I hope you do the tapping and that you join me on an upcoming webinar presentation or an upcoming 7 week program!

Until I see you again...Keep Tapping!

Nick Ortner





1 - Source: <https://www.brucelipton.com/resource/article/epigenetics>

2 - Source:

<http://www.wsj.com/articles/SB10001424052748704841304575137872667749264>