

# Tapping for Financial Blocks

Hello my name is Margaret Lynch and I'm the author of Secret of Intentional Wealth. In this video, I'm about to show you how you can use tapping to change things about your income, believe it or not.

If you do law of attraction work, and you think about the idea that says how you're thinking and feeling and what you get is always a match, then we really want to look at how you're thinking and feeling specifically about money.

One of the biggest ways money shows up in your life is through your income.

Here's what I want you to do. I want you to think of your income right now, the amount of money that your making either in a week or in a month, however you look at it, and actually write it down on a piece of paper in front of you. Take a look at that number. I want you to notice how it feels just looking at that number on a piece of paper, and I want you to listen for this little voice in your head that's probably saying, "It's just not enough."

I want you to actually say that out loud...

## **It's just not enough**

Notice how true that feels on a scale of 1-10 and what's the feeling in that? This is the most important part of this process. What's the feeling in it's just not enough? What I often hear from my business clients is, "I feel panic. I feel anxiety. I feel sadness. I feel anger. I feel frustration." A lot of powerfully negative feelings when they think about their income.

Think about the conflict in terms of the law of attraction ideas. When you think about the largest stream of money coming into your life, you feel sad, angry, anxious. This is not a great point of vibrational attraction as we call it around more money showing up.

Let's do some tapping about some of these common feelings that come up around income and we can talk about after this round what's going to shift for you.

Let's start tapping on the karate chop point.

KARATE CHOP POINT:

Even though I'm looking at my income,  
And it's just not enough,  
I accept how I feel about it.

Even though I'm looking at my income,  
And I'm feeling anxious,  
I'm feeling frustrated,

I'm really paying the price for this.  
I accept all my feelings about it.

Even though the truth is  
My income is just not enough,  
And it hasn't been enough for a long time.  
I accept all my feelings about this.

EYEBROW POINT: It's just not enough.  
SIDE OF THE EYE: It is so stressful.  
UNDER THE EYE: It is so frustrating.  
UNDER THE NOSE: And it's terrifying.  
CHIN POINT: It's just not enough.  
COLLAR BONE: No matter what I do,  
TOP OF THE HEAD: it's just not enough.

EYEBROW POINT: It's frustrating.  
SIDE OF THE EYE: It's overwhelming.  
UNDER THE EYE: I am so not grateful for this money  
UNDER THE NOSE: because it's not enough.  
CHIN POINT: Why should I be grateful for it?  
COLLAR BONE: I'll be grateful when more money shows up.  
TOP OF THE HEAD: It's just not enough  
And I'm really sick of it.

Take a nice, deep breath.

Notice the conflict in there. It is hard to feel grateful for something when it feels painful, when it feels like it's not enough, when it feels unfair.

Again, conflict with the law of attraction. We know that gratitude is what pulls in. Gratitude is one of the most powerful feelings. But... it's really hard to feel grateful when we have this when we've got this blocking vibration.

I want you to think about it again, this sentence that says, "It's just not enough." And look at your income. Notice how it feels now when you say it. It's still true, right? It's still not enough, but notice how the feelings have shifted. When we have these powerful emotions that come up like anger, anxiety, panic, fear, frustration, all those emotions are doing are keeping you immobilized, keeping you stuck. It is hard to take inspired action around something when we feel all these powerfully negative emotions.

So, even though after tapping on this, that number is still not enough for you, how we want it to feel is lighter, inspiring, "okay, what am I going to do to fix this?" That's when we start to take action. That's when we start feeling empowered. Let's do another round on this and bring some of that empowerment in, because when you align with where you're going, it's much easier to start taking action. It's really hard when we're stuck and immobilized by painful feelings.

KARATE CHOP POINT: Even though I'm looking at my income,  
And it's still not enough,  
And that doesn't feel fair,  
I'm open to all the ways money can show up for me.

Even though my income really hasn't been enough,  
I'm open to honoring how valuable I am.

Even though my income still isn't enough,  
I'm just going to choose to be open  
to all the ways I can earn more money.

EYEBROW POINT: It still feels wrong  
SIDE OF THE EYE: because it doesn't feel fair.  
UNDER THE EYE: It's just not enough,  
UNDER THE NOSE: but I am now open  
CHIN POINT: to everything that feeling  
COLLAR BONE: is calling me to do.  
TOP OF THE HEAD: I'm open to receiving more income.

EYEBROW POINT: I totally honor how valuable I am.  
SIDE OF THE EYE: The value of me,  
UNDER THE EYE: my time, my service...  
UNDER THE NOSE: and I'm open to receiving  
CHIN POINT: more income  
COLLAR BONE: for my valuable service.  
TOP OF THE HEAD: I'm really good at what I do.

Take a nice, deep breath.

I brought in another idea that says when you have issues in your income, it's showing you that you're on a little bit of shaky ground in your belief about your value, the value of you, the value of your time, the value of your product and service. So when you honor how valuable you are, the world will reflect that back to you.

We also brought in this idea of just being open to receiving more. Often we are raised to believe that it's better to give than receive. If we're giving, giving, giving, and we're not seeing the income coming back, that means in some way you're saying, "No thanks, I don't need much." Just honoring your value and honoring your openness to receive will shift your income picture.

I also touched on something else in there which was when something doesn't feel fair, when it feels like you're working real hard and the income isn't enough for you, that feeling is calling you to do something... to take some action. And that's how we want it to feel, when we look at our income, to say, "Hey, that's not enough." We start moving towards action.

Let's do one more round. This is a fun one. Just on the idea of saying YES to receiving, specifically more money.

KARATE CHOP POINT: Even though I'm not earning enough yet,  
I love saying, "YES," to money.

Even though I'm just not earning enough yet,  
I am totally open to more money showing up.

Even though my income is just not enough,  
I do really love getting paid.

EYEBROW POINT: I love getting paid.  
SIDE OF THE EYE: I love getting paid for a job well done.  
UNDER THE EYE: I am so ready to say yes to more money  
UNDER THE NOSE: I'm saying yes to money  
CHIN POINT: all day long.  
COLLAR BONE: I'm going to be open to receiving now,  
TOP OF THE HEAD: from morning until night.

EYEBROW POINT: I'm open to receiving.  
SIDE OF THE EYE: I'm open to receiving more money.  
UNDER THE EYE: I totally honor my value  
UNDER THE NOSE: and I love receiving money.  
CHIN POINT: I am grateful for my income,  
COLLAR BONE: and I'm eagerly anticipating more.  
TOP OF THE HEAD: I love saying yes to money.

Take a nice, deep breath.

Notice how that shifts your energy. I want you to go back to your income and take a look at it and say, "It's just not enough." Notice how that feels when you do that now... quite a big difference. So in a few minutes with this powerful technique of tapping, we really shifted how you were thinking and feeling about your income.

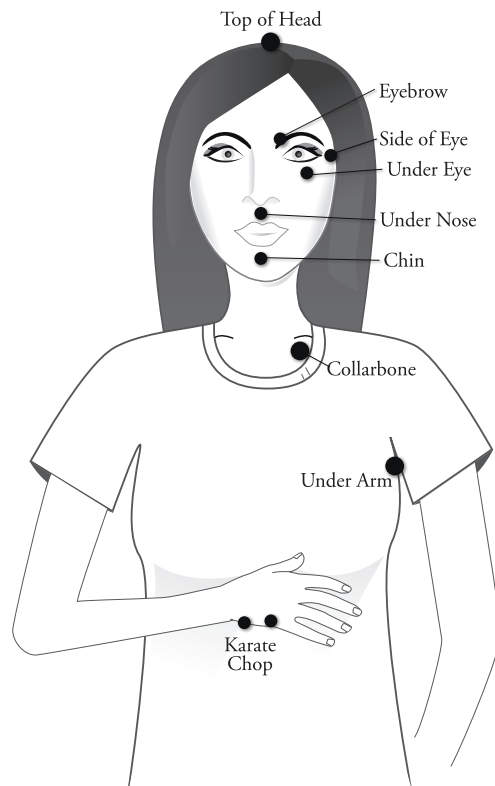
In my program, "Secret of Intentional Wealth," <http://secretofintentionalwealth.com> I walk you through a step-by-step process going through each part of creating wealth in your business, in your life. More to come on that later, but for now, I hope you *LOVED* tapping for more money.

# Tapping Points

**Basic Instructions:**

Using 2 fingers of either hand, tap 7-8 times on each point. There are mirror image of points on both sides of the face and body, all can be used interchangeable or you can tap with two hands on both sets of points at once.

This is a forgiving process, DON'T WORRY...you can't do it wrong!



Optional Fingertip Points  
*Great for discreet tapping!*



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