



Jessica Ortner: Hi, this is Jessica Ortner, and welcome to the Tapping World Summit Integration Tap Along. Often times when we finish learning a lot of information, we can get caught up in worrying as to whether we'll be able to remember it all. This process was especially designed so that when you tap along with these positive tapping statements, you'll be able to integrate everything that you've learned and recall it with ease. This process is a great compliment to any other tapping that you are doing. We're doing it a little differently this time by focusing on the positive and really integrating that.

So let's begin now by taking a deep breath, so inhale, and exhale. Because we are focusing on the positive, we're going to start at the eyebrow point.

Eyebrow	Everything is recorded in my subconscious mind
Side of Eye	I can access what I need, when I need it
Under Eye	I trust my intuition
Under Nose	I trust life
Under Mouth	I am exactly where I am meant to be
Collarbone	And I have everything I need
Under arm	Inside of me now
Top of Head	I know more than I realize

EB	These old fears no longer control me
SE	I now see the hidden blessing of these fears
UE	My fears forced me to look within
UN	So that I could see my inner strength
UM	Thank you, fears, for leading me to my power
CB	And I'll take it from here
UA	I am aware of any self-doubt or fears
TH	But they no longer have power over me

EB	I now know my body is worthy of love, just the way it is
SE	I am worthy of love, just the way I am
UE	I accept myself
UN	And I have the courage to make decisions
UM	Decisions that support me
CB	I am not my past
UA	I am not a victim of what has already happened
TH	I am what I choose to believe



EB	So I choose love
SE	I choose acceptance
UE	I choose strength
UN	I choose courage
UM	I choose faith
CB	I choose compassion
UA	I choose passion
TH	With every new choice I support myself

EB	And as I make these better choices
SE	As I take better care of myself
UE	I begin to help those around me
UN	As I shine my light
UM	I inspire others to do the same
CB	I have a greater impact than I realized
UA	As I change from within
TH	I change the world around me

EB	I know what's right for me
SE	I acknowledge what I truly desire
UE	That desire pulls me forward with joy and excitement
UN	I let go of my need to control
UM	I am flexible and resourceful
CB	I face any new obstacle with a sense of adventure
UA	I have everything inside of me now
TH	I integrate all of these lessons

EB	I learn from all my past experiences
SE	And I let go of the emotions that no longer serve me
UE	Today is a new day
UN	I integrate everything I've learned
UM	And I trust in my intuition
CB	The road is not clear
UA	But the uncertainty excites me
TH	I am ready for an adventure

EB	I am further along that I realize
SE	All that limits me is my imagination
UE	And I allow my imagination to run free



UN	I am ready
UM	I am worthy
CB	I honor everything I've been through
UA	And I'm excited for the journey ahead
TH	This is my time
	And everything I need to know is inside of me now

Take a deep breath in, and as you exhale, place your hands over your heart, feel that strength, feel that love, feel that passion. What is one thing that you can do now to create an even better life? Maybe it's making a decision that you've been putting off, or doing some research around an idea, or finally making that phone call. As yourself how you can support your future, what you can do today, and listen to that voice, because it knows everything you need to know.