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Jessica Ortner: Welcome to the Tapping World Summit 2020. This is your host, Jessica Ortner. By listening to this interview, you agree to the terms located at [TheTappingSolution.com/disclaimer](https://TheTappingSolution.com/disclaimer). We hope this interview helps you become a healthier and a happier you.

Are you letting the noise of others' opinions drown out your own inner voice? Are you putting your own desires aside in order to make others happy? Are you scared to speak up for what you really want? If so, you are here for a reason and it is time for you to find your voice. To lead the way, we are speaking to Abiola Abrams from [Womanifesting.com](https://Womanifesting.com). Abiola is a spiritual success mindset coach, advice columnist, and transformational speaker who is passionate about empowering conscious women leaders. Her empowerment tools include books, courses, meditation albums, and goddess affirmation cards. Abiola gives advice on moving past fear on networks like The Discovery Channel and diverse organizations from Cornell University to the Omega Institute.

I am thrilled that she is with us. She is such a bright light, welcome Abiola.

Abiola Adams: Hello, Jessica.

Jessica: Well Abiola, you really are such a bright light. Someone might look at you and this amazing platform you have and this big voice and wonder, what does she know about not having a voice or having your voice stifled? Can you tell us a bit about your personal journey and why this is something that is very personal to you?

Abiola: Absolutely, and first of all thank you so much for having me here on The Tapping Solution. I am so thrilled to be speaking with you and your amazing audience. This is a topic that I am obsessed with. I say all the time, Jessica, that we teach what we most at one point needed to learn. So I think that all of us look at people who seem bright and shiny and we see that that's where they are now, and we assume that they were always there. But in my case, and in anyone's case that you're seeing, you're seeing them at one point in their journey. You're not seeing them at the beginning of their journey.

So I was born and raised in New York City, the daughter of immigrants, very first person in my family born in the United States. My family is from Guyana in South America, which sounds awesome and sounds amazing. But I grew up in a neighborhood where they were not so welcoming to immigrants or the idea of immigrants. So I grew up hearing almost on a daily basis 'go back to your country.'



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Not only me, who was born here, but also my family, to all of my family members. So I wasn't just bullied, but my whole family was bullied.

That was compounded by the fact that I am highly-sensitive person, a very empathic person, which of course no one knew at the time. I also had issues with severe anxiety and was raised by two people-pleasers. That is a soup for trouble and drama and stress and all of those things. The reason why I'm so passionate about people finding their voice and having the courage to be visible and show up as who they really are is because for a long time I never felt like I could do that.

Jessica: Yes, and I think many of us from different backgrounds all have this experience of being a child and being shut down, whether it was because you had an accent, because you look different, because you maybe had struggled in school. All these little events, which to kids and I'm sure to your family really are huge, they are really valid, but they stick with us. They really begin to impact our ability to speak up.

Abiola: Absolutely, and then what happens for most of us is that little unhealed child inside, that 12-year-old or that 8-year-old that needed someone to say, 'My love, you are okay and you are not the things that are happening. Nothing that's happening is your fault.' The little person inside of us that never got that validation for their feelings or their experiences, then it is the person who is now showing up in board rooms and running our lives.

Jessica: Or not showing up, right?

Abiola: Or not showing up, absolutely. So we have an 8-year-old or a 10-year-old making decisions for us and helping us to sabotage ourselves out of the things that we truly are saying that we want.

Jessica: So Abiola, when you teach this, you talk about the throat chakra. That's been a fascination to a lot of people, this concept of having these energy sources, these chakras. Can you tell us a little bit about this challenge with the lens of the throat chakra?

Abiola: Absolutely. I have heard a lot of people in certain conversations dismiss chakras as oh, well, that's just something that's woo-woo or something that people have made up. I have even had someone say, 'Okay, maybe Gwyneth Paltrow came up with it.' No, I am here to share with you that the chakra system actually originated in India, around 500 BC, between 1500 and 500 BC. It was found in the oldest texts called



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the Vedas. What it is, is it's a system throughout our body of these energy channels and areas in our body through which prana, or chi, our life force flows in each and every one of the chakras.

We tend to focus on the seven main chakras, but each and every one of these chakras focuses on a certain area of our lives. Your throat chakra, which is the fifth chakra, is all about communication and being heard and being able to speak your truth and speak your life into existence.

Jessica: Right, so I want to pause there - speaking your life into existence. My next question for you is, why? Why do we have to really work on the throat chakra? Why do we need to find our voice in order to live our dreams? What if someone was like 'Okay, Abiola, but I still get nervous. Can I live my dreams and not speak my truth? Or can I live my dreams and still just be in the safe corner that I've put myself in?'

Abiola: Here's the thing, just so that anyone knows. I'm living my dreams, and I get nervous. There is nothing wrong with that. You are human, and I have news for you - there is no hallelujah, I'm healed moment. But there are moments where we then are evolving and we're better than we used to be. That is what we are reaching for. When it comes to speaking your life into existence, the big secret is that you are already doing it. You are already doing it, so what we're talking about is consciously speaking our lives into existence. Because many of us are using the need to feel safe to keep ourselves small. I'm going to say that again, because that's something really, really important.

Whether it is your inner voice that's coming from yourself, or the inner voice of maybe the loving people, the well-meaning people who raised you, or the voice of the people around you. Any voice that is under the guise of keeping you safe, which is well-meaning, is ultimately at the same time keeping you small. Because growth and evolution happens in a place where we are courageous enough to step beyond what makes us feel safe, what we know. If you are wanting something different, you cannot get there by doing the same thing. It just doesn't make sense.

Jessica: Yes.

Abiola: So that's why this is such a great conversation for anyone who feels right now like maybe they've outgrown their present life or outgrown their present circumstances. They look around and they feel like wait, this is not what I signed up for. I hear from a lot of people that they feel invisible in their own lives or they're hiding in their own lives. Speaking your life into existence is really about being able to be



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seen and be heard in the ways that you want to.

Jessica: Yes, I love that. We're going to jump into some tapping in a moment, but I wanted to bring up a story because we had connected before this interview and you had shared with me your story of coming from an immigrant family. I wasn't born in this country, I moved when I was a baby from Argentina. Both of us connected because we had the tendency of getting picked on as children for pronouncing things differently.

Abiola: Yes.

Jessica: I will tell you, Abiola, I still have that issue. Although I try to improve, I often mispronounce things and it's become a joke within my family and friends.

Abiola: Me too.

Jessica: Right, and what's interesting about this is I used to think, and this goes back to the idea of what does healing really look like. I used to think that in order to speak my truth I had to completely fix this challenge. Now for someone else it could be something different, but this idea of 'Oh, I have to be perfect in order to speak my truth. I have to get to a certain place before I can speak my truth.' What I found was when I just embraced and had the courage to speak, then do some people point out that I mispronounce things? Sure, but the biggest thing is I'm living my truth and I feel like I'm helping more people. I know you have a very similar situation, it's not about completely fixing and being perfect.

Abiola: That's it exactly. I have a very similar, as you said, experience where I am sure that until probably first grade or so, the first time when you look around and realize oh, wait, maybe I'm speaking a little differently than the other kids, that I probably had a Guyanese accent because my parents are Guyanese. I've been in situations where as an adult I was in at a speaking engagement and someone said that one of the people who was in charge said, 'Oh, I hear that someone is being pretentious and using received pronunciation, like received British pronunciation.' Which wasn't what I was trying to do at all, I wasn't aware that I was doing it. What it came down was the pronunciation of the word knew, which I guess American's say new. I don't know, and this kind of thing happens all the time. My parents say mattress and grew up saying mattress and then realized it was mattress. I had a recent conversation with my brother about this and he still had very big scars at feeling laughed at.

One of the things that we can do is just realize there are other ways to look at this.



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What if it's funny? I do that when I'm speaking I say 'All right look, this may not be the right pronunciation, I'm going to give it to you in my Guyanese-American English, but here's what I'm saying.' Just have fun with it, we're all doing the best that we can. You don't have to hide until you're perfect.

Jessica: That's the point of bringing up this story. Someone might be listening and they might not relate exactly to this example, but we all have things in our lives, our little insecurities. We think that we have to fix it, completely overcome it, in order to have a voice. It's not the case, it's really about accepting who we are, where we are, and owning our truth. Then it becomes so much easier to speak our truth.

Abiola: Yes, and that actually, Jessica, is one of the three main throat chakra blocks that I talk about, what if I make a fool of myself? What if I speak my truth, and people say to be yourself, but no one taught us how. What if I am being myself and I make a fool of myself? It's a major block that people have.

Jessica: Well I would love to do some tapping on that. The last, final question though is why the tapping. You teach all of these concepts, you're telling us we might be logically beginning to understand, but why is the actual physical act of tapping so essential?

Abiola: Tapping is the fastest way that I have found, again as someone who grew up with various kinds of anxiety and still has social anxiety and social awkwardness and all of those things. Tapping is the fastest way to be able to clear yourself of whatever perceived panic situation that you are in when it comes to fear of throat chakra issues, fear of what if I mess it up, fear of what if I get it wrong. So there are other things that you can do to help with your throat chakra, things from blue crystals or wearing blue today, those kinds of things. But the beauty of tapping is that tapping through those meridians, just like with acupuncture with needle, this is acupressure. You can very quickly move through the fear response, which is really just that old reptilian brain saying, 'Oh no! Oh no if they laugh at us, lions and tigers and bears, oh my! I might get eaten by something! I might get thrown out of the tribe and then what will happen to me?' It's that old reptilian brain that just needs to be satiated and comforted.

Jessica: Yes, well will that, let's have an experience. Can you tell us again this first block that we're going to be tapping on?

Abiola: Sure, so let's tap on what if I make a fool of myself, which is a major block which shows up as what if I'm not enough? It shows up as imposter syndrome, what if they find out that I'm not as good as I seem? What if I make a fool of myself?



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Jessica: So how do we measure that?

Abiola: You should start on a scale of zero to ten, with zero being feeling no issue at all and ten feeling like oh my goodness, I'm going to make a fool of myself. I'm going to fall on my face, people will laugh at me, and then I will be embarrassed and ashamed and naked, or whatever people are afraid of.

Jessica: So we're measuring how true it feels?

Abiola: Yes, you're measuring in your body. What you do is you just tap in, get very quiet. Start to breathe, take a nice deep breathe in through the nose, and out through the mouth with sound. In through the nose, out through the mouth. One more in through the nose, out through the mouth. Now just tune into your body, because the body never lies. The body never lies. Just say 'Okay, fear of feeling foolish, on a scale of zero to ten, where is it?' Once you have whatever that number is for you, say that it is a number seven or maybe you're about to go have a conversation that's going to be awkward, or get on the stage or something like that. Maybe it's at a ten, and so we're going to just do a few rounds of tapping to help to just ease that fear, alleviate that fear. We're just reaching for a better feeling.

Jessica: Yes, so I invite those who are listening, take advantage of this. You're listening, let's have an experience. I will be tapping as well, and repeating after you.

Abiola: Wonderful, so let's begin with that karate chop point and we're just tapping, and repeat after me.

Side of Hand Even though I am scared that I'll make a fool of myself  
I choose to love, honor, and cherish myself  
Even though I'm scared that I'll fall on my face  
I choose to love and accept myself

Eyebrow What if I make a fool of myself?

Side of Eye It's happened before

Under Eye I remember that time when they did laugh at me

Under Nose I felt really stupid

Under Mouth That was really uncomfortable

Collarbone I hated that feeling

Under arm I don't want to feel like that ever again

Top of Head This feeling of fear



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EB This fear that I'll be wrong  
SE This fear that I won't be enough  
UE This fear that I'll make a fool of myself  
UN You know, it's not as bad as it seems  
UM Because I survived and I'm still here  
CB It doesn't really scare me as much as it used to  
UA Because I'm still here  
TH What really happened when I embarrassed myself before?

EB Maybe I felt a little foolish  
SE Maybe I felt a little silly  
UE Maybe I forgot who I really am  
UN Because I am powerful beyond measure  
UM I might be powerful beyond measure  
CB No, I think I am powerful beyond measure  
UA Can an ocean be wrong?  
TH Can a tree be wrong?

EB Maybe if other parts of nature can't be wrong  
SE Then maybe I can't be wrong  
UE That's kind of a silly thought  
UN But it's kind of an awesome thought  
UM I've decided that I am powerful  
CB I've decided that I do believe in myself  
UA I've decided to release any other thoughts  
TH I've decided to release thoughts of lack

EB What if I do make a fool of myself?  
SE Who cares?  
UE Who cares?  
UN I'm pretty awesome  
UM And I like being me  
CB So I think I'll be me  
UA Unapologetically  
TH Unapologetically

EB And I clear away any ancestral ties  
SE That no longer serve my voice  
UE And I clear away any energy or fears





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UN	That no longer serve my voice
UM	I now speak my truth
CB	It is safe to speak my truth
UA	It is safe to be who I am
TH	It is safe to be who I am
	These are my words and I have spoken
	These are my words and I have spoken

So that was just a quick little spin through of, 'What if I make a fool of myself?' So now just take a deep breath again, in through the nose and out. Another deep breath in through the nose, and out. So then you just feel into your body, on a scale of zero to ten, and just feel that what if I make a fool of myself, where is it now? If it's still not where you're wanting to be, maybe just rewind and do a few more rounds of that.

Jessica: And we'll make sure that this tapping script that is in the workbook for those who upgrade. Abiola, that was fantastic. I'd love to break it down a little bit. One thing that really stood out to me was the concept of 'Well, what if I make a fool of myself?' The point of the tapping is not to avoid that experience because to be real, there's a lot of things we can't avoid like being disappointed or trying and not succeeding. It's kind of part of life that we have to try and we can't control the outcome. But what you're giving us the freedom to say is 'Well, if it doesn't work out or if I make a fool of myself, I'm going to be okay.'

Abiola: Yes.

Jessica: Somehow that thought, first, I think makes you less likely to act that way, but if you do make a fool of yourself, which I have many times, it's not a big deal. It's resistancy so you still have the chance to find your voice. I wanted to point that out because when someone is tapping on their own, you're showing us that the objective here isn't to never make a mistake and that the next thing we do is perfect. The objective here is the resiliency that if you do or if you don't, you will be okay.

Abiola: That's it exactly, that it's not waiting until you're perfect or waiting until whatever perfectionism you're using to terrorize yourself or what if I make a fool of myself? Maybe I will, maybe I won't, but I am showing up and I am being myself and I am using my voice. That's what matters.

Jessica: I love that, so you started off by really stating the fear, giving that a voice, then going on to these more empowering statements. When someone is tapping on their





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own, how do they know when to make that transition from tapping on how they're feeling to beginning to open up to other ways of thinking?

Abiola: What I would say is when you're tapping on your own you may want to make a more gradual change. I made a faster shift than I would usually because we are in a timed experience with this conversation, but I think that it is more powerful when you take your time and feel through the fear and when you feel like 'Okay, I'm really harping on this experience,' what may be helpful is before you start tapping write down whatever the opposite is of your fear that you're tapping on. So if it's what if I make a fool of myself, what is the opposite feeling of that? So write that down and then start to use statements that approximate and bring you closer and closer to that. Does that make sense?

Jessica: Yes, that is a great exercise. Well with that, Abiola, we still have two more to fit in here, so what is this next common block that you see?

Abiola: So the next common block is around our tribe. Now, your tribe can be your family of origin, it can be your culture, it can be your socioeconomic group, it can be your friends who you socialize with or work with. A lot of us are afraid of what other people will think. Specifically we have fears around if we use our voice or if we show up in a big way or speak our truth, that we may betray the tribe or that we may outshine the tribe. These are primal fears. Primal fears because if you think about it, thousands of years ago if you were kicked out of a tribe it was very hard for you to survive out there by yourself.

So having a fear that my friends or family won't love me, or I might be betraying them by doing the opposite or believing the opposite of what the tribal group believes, it makes sense. It's a logical fear to have but it does not serve you and so that's why we want to clear it.

Jessica: Yeah, I've done a lot of work with women around weight loss and body confidence and I see it come up a lot. Most people aren't aware of it. They do a little digging, but all of a sudden you see them go, 'Oh my goodness, if I lost weight, my sister would get jealous because we've always been struggling together.' Or you see it with money, my parents always thought rich people were greedy and evil. If I speak my truth and go for my dreams and suddenly become successful, are they going to look at me like I betrayed them? Like the snobby, rich person now. These are sneaky, Abiola. They're sneaky and a lot of people aren't aware of them.

Abiola: They are very sneaky and can be something like you mentioned, with money. It can



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be with your career choice. So if your family or the people around you or your friends, so the people that you go educated with, for example, are all like okay, we're all lawyers and accountants and that sort of thing, and you choose to be an artist? That may be in your body. You may be perceiving yourself as somehow betraying the tribe. Or it could be the opposite where you're from a community where we're artists and we're outsiders and those people are a different kind of people than we are. You have a righteousness about it. I say all the time that for a long time as a part of the sisterhood of traveling brokenness, we were very righteous in being broke and it felt like we were better than people with money until that became an untenable situation.

But I felt like I was betraying my tribe by choosing that no, I'm going to be abundant now and I'm going to live in a prosperous life because I come from a spiritual and a creative background. So we have in our culture the idea of starving artists, or we have in our culture the idea of it's not spiritual or not feminine or not creative and artistic to make money.

Jessica: Yes, and this can be as simple as deciding that you don't want to complain. Sometimes certain friendships, certain relationships, are based on getting together and complaining about life. If all of a sudden you want to change the way that you look at your life, you want to change the way that you speak to yourself about yourself, you want to stop the complaining, your friends can look at you and go, who do you think you are?

Abiola: Yes, absolutely. I absolutely experienced that.

Jessica: Yes, me too.

Abiola: I think a lot of people listening will relate to that, that when you decide that you are going to take your life in a different direction, you say, 'Okay, yes, I'm going to speak my life consciously into existence. I'm going to speak words of love and affirmation and positivity and growth and evolution into my life.' Then the ways that a lot of women relate is we get around each other and say, 'Oh my goodness, I'm such a pig, or I'm such a--' whatever. We have these ways that we speak and you don't participate in it and don't want to be around that, yes, that is a tribal shift.

Jessica: Yes, well with that I would love to do tapping.

Abiola: Yes, okay, so let's tap on fear of betraying the tribe.




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Jessica: Perfect.

Abiola: So if you're doing this by yourself at home, when we do the tapping I'm going to say 'fear of betraying the tribe.' Replace 'the tribe' with specific names of people. So if it's fear of betraying Britney, or fear of betraying my mom or my brother or whoever. Be very specific because that's where it's going to resonate in your body as most true.

Jessica: Okay, perfect.

Abiola: Okay, so again we always start with on a zero to ten, where in your body do you feel 'I'm afraid that I will betray or outshine my loved ones?' On a zero to ten, zero of I have no feelings of that to ten, oh my goodness, I'm going to betray them, they're not going to love me anymore, it's going to be awkward and weird, that's the ten. Okay, so now let's take again a deep breath in through nose, out with the mouth with sound. In through the nose, and out, in through the nose and out. Yes, okay, good. So again, we begin by tapping on the karate chop point.

Side of Hand Even though I'm scared to betray my family  
I choose to love and accept myself  
Even though I'm scared to betray my loved ones  
I choose to love, honor, and cherish myself

Eyebrow This fear  
Side of Eye This fear  
Under Eye What if I betray my loved ones?  
Under Nose What if me being true to me  
Under Mouth Means I am rejecting them?  
Collarbone What if using my voice  
Under arm Pisses them off?  
Top of Head What if speaking my truth

EB Means that I'm unlovable  
SE I don't want them to stop loving me  
UE I don't want them to stop liking me  
UN We're used to being the same  
UM We think the same things  
CB We like the same foods  
UA We make fun of the same people  
TH We think the same about money



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EB We think the same about our bodies  
SE And we love each other  
UE We enjoy each other's company  
UN It's fun to be a tribe  
UM It's fun to be the same  
CB But I'm not the same  
UA I have my own thoughts  
TH I have my own beliefs

EB And I no longer think what they think  
SE I no longer believe what they believe  
UE But I don't want them to hate me  
UN I remember what they said  
UM About those other folks who are different  
CB I remember what they said  
UA About those other people who think what I think  
TH I really care about my loved ones

EB And I really hope they still care about me  
SE I'm choosing to be myself now  
UE Because I can't live like this anymore  
UN I'm choosing to be myself now  
UM I'm choosing to speak my truth  
CB I have a right to express myself  
UA I have a right to speak my truth  
TH The people who love me will always love me

EB The people who care for me will always care for me  
SE I can't stay small anymore  
UE I can't pretend that I don't know different  
UN It is safe to express myself  
UM It is safe to be myself  
CB I have to tell my story  
UA I have to speak my truth  
TH I have to be myself  
And I look forward to seeing who takes the ride with me

EB And I look forward to seeing who takes the ride with me  
SE This is my time



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UE This is my voice  
UN This is my truth  
UM And it is safe to speak my truth  
CB It is safe to speak my truth  
UA So I clear away all ties that no longer serve my voice  
TH These are my words, and I have spoken  
These are my words and I have spoken

Deep breath, and let it out. Another deep breath, and let it out. Okay, good.

Jessica: Abiola, oh my goodness. I can imagine a lot of tears, because that was very powerful and very moving.

Abiola: Yes, and especially when we do this in a group. I've done this in groups of women and workshops or classes or retreats, and in the beginning there's always a fear of being vulnerable enough to just let yourself be seen in this way. But then when we realize wait, I have that, too. We're all in that. There are a lot of tears, and a lot of clearing.

Jessica: Yes, and it's a beautiful thing. Tears are a good sign. That's another thing, it's showing that we're processing and we're moving through this. So that was beautiful. What really stood out to me was how you mentioned what other people said about other people. That happens so often, maybe it's not someone directly insulting you, but they insult somebody else that you relate to.

Abiola: Yes, it could be that they are talking about the other person for the issues that we mentioned, like body image or money, or it could be political beliefs or career or whatever. Then like whoa, how do I say to them that that's me that they've been making fun of, not knowingly?

Jessica: Yes, what I find is really amazing about doing this kind of work is that everyone comes from a different background. Everyone who is listening to this has a different situation, but that core feeling is the same. Moving forward from this tapping, we're not going to take the same steps forward, but we're now able to navigate the situation better because we feel like we're in tune with our voice and our body.

Abiola: Yes, that's it exactly. So someone asked me if there was such a thing as tapping too much, could you possibly tap too much? I say no, absolutely not. When you clear one thing, you tend to clear lots of other interconnected things, like you said, that we're not even aware of. It's multilayered, these challenges that we have.



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Jessica: Yes, and we can always come back here to find relief. I love that. So Abiola, tell us about the third common block.

Abiola: The third common block is again that scared little child inside of us. If I speak my truth, if I claim my voice, if I say what is real to me, maybe I'll get in trouble. Getting in trouble as an adult is very different than getting in trouble as a child. Getting in trouble could mean getting fired. It could mean that people on social media or your blog or whoever have an opinion about it. It could mean maybe speaking your truth and getting in trouble. It could be mean being broken up with or divorced. There are all kinds of ways that we are afraid that I could get in trouble if I said what I really think.

Jessica: Rock the boat, it's that fear of rocking the boat, or of changing, speaking up suddenly and things are calm and normal, but miserable. To create the change you've got to kick up that dust a little bit, right?

Abiola: That is it exactly.

Jessica: I think that's important to know, that this uncomfortable feeling is actually part of the process. So when we feel it, it's not about moving away from it or doing the opposite thing, it's about 'Oh, I'm doing this right. Because it does feel uncomfortable because I'm doing something different, so now let me find relief.'

Abiola: That's it exactly because we think, 'Oh no, what if I feel uncomfortable?' And it's like, you will feel uncomfortable if you are going to want to grow or expand, absolutely, yes! It's a part of it, sure you will. Of course you will!

Jessica: But we can find some ease to help us keep going. I love it.

Abiola: But we can find some ease. So I would say of course, you want to begin again by always coming back to the breath. It's so important. We hold our breath when we're tense or scared, so just start with a nice big deep breath, and let it out with sound. One more, nice big deep breath, and let it out with sound. Then just feel into your body and ask your body because you're beautiful, bodacious body always knows, and always tells you the truth, on a scale between zero being okay, I'm all good, and ten being oh no, what if I'm uncomfortable, what if I get in trouble, what if I rock the boat? That is number ten, so feel into your body and get that number of where it is. Then we just start tapping on that beautiful karate chop point.



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Side of Hand	Even though I'm scared of rocking the boat I choose to love and accept myself Even though I'm terrified of rocking the boat I choose to love, honor, and cherish myself
Eyebrow	What if I get in trouble?
Side of Eye	What if I rock the boat?
Under Eye	Everyone doesn't want to hear what I have to say
Under Nose	They're not going to like what I want to say
Under Mouth	What if I get in trouble?
Collarbone	What if I rock the boat?
Under arm	What if I feel uncomfortable?
Top of Head	What if I make other people feel uncomfortable?
EB	I hate feeling uncomfortable
SE	Everyone hates feeling uncomfortable
UE	But I have some things I want to say
UN	That may make somebody feel uncomfortable
UM	It might make me feel uncomfortable
CB	Then I'll be rocking the boat for sure
UA	I don't want to rock the boat
TH	I don't want to make people feel uncomfortable
EB	Because then they probably won't like me
SE	Because then I'll be that person that no one wants to be around
UE	Then I'll really be in trouble
UN	And that won't feel good
UM	That won't feel good at all
CB	I don't want to rock the boat
UA	But I want to speak my truth
TH	I want to tell my story
EB	It feels good when I tell my story
SE	It feels good when I express myself
UE	I guess it feels good when I rock the boat
UN	I guess it feels good when I rock the boat
UM	I do like rocking the boat
CB	Because I do like telling my truth
UA	My voice is getting stronger
TH	When I speak my truth I feel stronger





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EB I am comfortable making others feel uncomfortable  
SE I am comfortable making others feel uncomfortable  
UE I am comfortable making myself feel uncomfortable  
UN I am comfortable making myself feel uncomfortable  
UM It is safe to feel uncomfortable  
CB It is safe to be myself  
UA It is safe to tell my truth  
TH It is safe to own my voice

EB I am willing to be heard  
SE I am willing to be heard  
UE I clear all ancestral ties that no longer serve my voice  
UN I clear all ancestral ties that no longer serve my voice  
UM I forgive myself  
CB And all those who came before  
UA I forgive myself  
TH And all those who came before

EB These are my words and I have spoken  
These are my words and I have spoken

Take a nice, big, deep, fat, belly breath, and let it out with sound. One more, nice, big, deep breath, and out with sound.

Jessica: Thank you, and I love letting it out with sound. I need to do that more often.

Abiola: Yes, yes, clear that throat chakra. Let it out with sound, sound, sound.

Jessica: Well Abiola, that was so powerful. Actually, I invite everyone just to check in with themselves now and to notice how that shifted, what other thoughts or feelings came up. Abiola, I could talk to you all day and tap with you all day, but we're coming to an end. I want to mention two quick things. One is inside the workbook we have a powerful tapping meditation on how to tap right before a situation when we have to speak our truth. Sometimes we know it's coming, we know we have to make that phone call or be in a meeting, and doing something right before that can be so helpful. So you can find that in the workbook. Abiola, the last thing I want to say, which I thought to myself, would this sound weird? I thought, you know what? It doesn't matter, because I'm speaking my truth with Abiola.



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I want to say that I prayed for you. I really did. When I thought about what I wanted for The Tapping World Summit and what I wanted for the future, I had an image of my mind of the kind of energy and the person that I wanted, and I prayed for it, and you showed up. So thank you for answering my prayers and being part of this event. I am so grateful.

Abiola: Thank you my beautiful sister, I prayed for you, too. How amazing that we manifested each other. Thank you, you have tears in my eyes now. Thank you, thank you, thank.

Jessica: The power of speaking our truth. Thank you, Abiola, for leading the way.

Abiola: You're welcome. This has been an incredible experience and I urge and encourage everyone to continue tapping. Keep tapping.