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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](http://TheTappingSolution.com/disclaimer). We hope this interview helps you become a healthier and a happier you.

Most of us don't want to feel angry, but when the emotion overcomes us, it often feels justified, and there might be a part of us that's unwilling to let go of it. We hold on to anger, hoping that somehow it will protect us from experiencing pain again. And when it comes to forgiveness, well, it seems like a nice idea, but it often feels impossible when anger and resentment feel all-consuming. Today we're going to explore anger and forgiveness to discover what is really possible with tapping. To lead the way, we are speaking to New York Times Bestselling Author, Iyanla Vanzant. She has over 8 million books in print. I have been a massive fan of hers for years. She was once a teenage mother on welfare, living in the projects, and she has now become one of the most influential voices in America.

She was a regular contributor to the Oprah Winfrey show, and she is now the host of "Iyanla Fix My Life", the number one unscripted drama on the OWN network. One of my absolute favorite books of hers is called *Forgiveness: 21 Days to Forgive Everyone for Everything*. It is such an honor, a joy, a pleasure to speak with her. Welcome, Iyanla.

Iyanla Vanzant: Thank you, how are you now...Mom?!

Jessica: I am so good. Thank you, I am so good. Before we jump in, I just have to say thank you because it has been amazing to watch tapping go mainstream and you are a big part of doing that. You featured it in your show many times. You talk about it, you put it in your books. I am just curious, why was tapping something that you began to use in your personal and professional life? What drew you to it?

Iyanla: I discovered tapping when my daughter Gemmia was experiencing colon cancer. We were both frightened that she was going to die, and I found tapping as a result of my many attempts to find something to combat the fear we were both experiencing. I discovered tapping through AFT and then EFT, and studied it. We would both taught together. We would tap about fear, we would tap about healing and cancer. Then in the process, we discovered that we weren't as afraid of the process of death as we were about what was going to happen to each of us if she were to pass. Where



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is she going and what was I going to do without her? What was going to happen to her daughter? Those fears were there, and we used tapping to discuss and explore that fear and our relationships and all of the possibilities for healing.

Ultimately, she did pass, and as a mother I experienced just crippling grief. I used tapping to move through that grief also. I used it every day. It's a wonder I don't have little dents in my head! I thought I was going to bang my eyes out at one point. But what I discovered in the process was, because we had dealt with the fear and I could use tapping to deal with the grief, I was never really angry about her death. Anger is a normal and natural experience of a parent who loses a child, but once I got through it and looked back at it, I recognized that I was never angry. I had a deeper understanding of the process of death because of the tapping work I had done. So once I realized, "Okay, I can tap on this and clear that, this is going to work," I just went and did the formal study and got certified, and I'm working now on my Master's certification in tapping, because I use it in everything that I do.

Jessica: That's amazing. I want to explore anger today. By starting with first describing what it really is and the impact it has on our life.

Iyanla: Yeah, I describe anger as the normal mental, emotional, and physiological response to feeling or thinking or believing that your personal power or your personal space has been violated, which then gives rise to an experience of powerlessness. When our personal power, our personal space, is betrayed or violated in some way, anger is the normal mental and emotional and sometimes physiological response. Now, we may become angry when there's been a prolonged frustration about something or undue or unnecessary criticism, but usually it's because we feel there's a mental, emotional, or physical threat.

For this reason, I don't believe that all anger is bad or inappropriate, but it's when we hold on to irrational anger, or when we just hold on to anger in general, that's when it has a damaging effect on our lives. That's when our vision and our heart rate and our blood vessels become constricted. It's when we have inappropriate emotional responses to common, everyday normal experiences. Anger, you know, if you look at the psychological or psychospiritual causes of anger, very often they'll say at the root of all cancer is an anger or a rage.

Jessica: We're getting clarity here that experiencing anger isn't all bad. There are moments when anger can make us choose something different and actually choose something more empowering. But then, like you said, there's times where we hold on to the anger and that's when it really begins to weigh us down, to hold us back. I'm



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curious, why is it that we hold on to anger even when we know that that anger isn't benefitting us? Why are we hold on so strongly?

Iyanla: Let's say when we say, 'hold on to', because that's the key right there. It means that we rehearse or repeat or relive the disempowering, threatening experience over and over in our mind. And each time we do that, the anger gets a little more entrenched in our psychospiritual body and experience. So, it's that holding, reliving, retelling, reimagining the anger. I want people to really understand that because if you have an angry response to someone or something, and you neutralize it or your resolve it, or you move beyond it, that's one thing. But it's when you're living it and retelling it and reimagining it and recreating it.

One of the reasons we do that... you know, I'm a student of A Course in Miracles and also The Way of Mastery. These are two incredible texts that explore the psycho-emotional development that we all experience. Both of these things teach us that you're never angry for the reason that you think you are. You think this happened and it made you angry, or this person didn't do this or didn't do that, and it makes you angry. But what A Course in Miracles and The Way of Mastery teaches us is that to confess or admit or experience certain emotions requires a willingness to be vulnerable. And most card-carrying human beings would rather be in control than to be vulnerable. So we use anger to cover emotions that we determine will make us vulnerable or emotions that we deem as a sign of weakness.

It's easier and gives the false sense of being in power and control to display anger than it is to say, 'You hurt me,' or, 'I feel sad, or frightened or lonely,' or to say, 'I feel threatened.' Most anger experts will say that anger is a primary, natural emotion. But very often, it is covering a secondary emotion that we don't want to acknowledge.

Jessica: Right... So when it comes to that secondary emotion, that feeling of hurt, of vulnerability that lies underneath that anger, how do we gain clarity? When you're sitting with someone on your TV show, or working with someone and they are angry and they can't yet see what that second emotion is, are there any questions that you ask them or any way to help them gain clarity as to what might be underneath?

Iyanla: Absolutely. The three things that I will always ask a person when they're experiencing anger, because usually they'll say, 'I'm not angry.'

Jessica: They yell it.



Iyanla: Yes, they'll roll their eyes or suck their teeth or throw something across the room. I will say to them, 'What did they do to you?' Jessica, you would be amazed at the number of people who cannot answer that question. They will tell you what the person did, but 'what did they do to you?' Because then you'd have to say, 'They hurt my feelings. They betrayed my trust. They disappointed me. They violated a commitment. They broke an agreement.' You know what I mean? Most people can't even articulate what the person did and therefore there'll be no way to neutralize the anger. That's one question, what did they do to you?

The other thing I ask people is, 'What is the upset?' Because you know with anger there comes an upset. You know, they weren't where they were supposed to be. 'They caused me to have to do such and such a thing and I didn't want to do it,' or whatever. But to get people to articulate what did they do to you, and what is your upset about what they did or what you experienced. Sometimes people are angry, simply because of the way somebody made them feel. That hurt, that loneliness, that vulnerability, the weakness, whatever. Then the other question that I ask people, and this is very, very important, because this is really the key to tapping away anger. If the anger had a voice, what would it say? Just let the anger use your mouth. It doesn't have to make sense. But if the anger had a voice, what would it say? Those three questions usually will take a person right down through the anger into what's underneath it.

Jessica: Yes. So often people hesitate to tap because they're not sure of what to say. But here, you're giving us a guide because the words that we can use with the tapping are the answers to these questions. It's giving it a voice as we stimulate these points.

Iyanla: Yes, absolutely. Those are the key points and you can turn that into a script. Some people tap from script. I was taught, I am a progressive EFT practitioner, I was taught by Lindsay Kenny. One of the things that I was taught is that there is, without a script, that you can just vent. That while you're tapping, moving from point to point to point, you just vent about the experience because that too will release the energy. It will move it through your body just as tapping from a script will. Sometimes you don't have time to find a script, you've just got to get it out. So yeah, you can start right where you are.

Jessica: Absolutely. Well we know that when it comes to tapping it's always really helpful to be very specific and you're giving us that guide of just venting and giving a voice to how we're feeling. But I also would love to tap now and give everyone an experience, just to gain some momentum. Would you be willing to do some overall tapping on the hurt that is below the anger?



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Iyanla: Sure, sure, because that's a huge thing for everyone.

Jessica: Take it away, Iyanla. Let's do some tapping.

Iyanla: Yeah, let's just settle for a moment. Take a nice deep breath, and I invite you to get your intensity, whether it's zero, three, five, ten. If it's 110, it's still a ten. We're going to go to the karate chop point and start there lightly.

Side of Hand Even though I have all of this anger  
Anger I can feel throughout my body  
Anger I can feel in every muscle  
Anger that keeps me tied up in knots  
I know something else is going on  
And for whatever reason  
Logical or not  
Conscious or not  
There is a part of me  
That doesn't want to let it go  
And I'm willing  
To love myself anyway

Now shake your hands out just for a moment. We're going back to the karate chop point.

Side of Hand: Even though I'm full of anger  
Anger that keeps me stressed and upset  
Anger that prevents me from relaxing  
I know there's something beneath that anger  
And I'm willing to find out what it is  
And to let it go  
But there's a part of me  
That's accustomed to the anger  
That holds on to the anger  
Because being angry  
Gives me a sense of control  
And I'm willing  
To release the anger  
And whatever is beneath it  
That's why I love and accept myself



Okay, shake your hands out. We're going to the points. Now, I start at the eyebrow, I do the side of eye, I do under eye, I do under nose and chin together. I do collarbones, I do under the arms, then I do the wrists, wrist-to-wrist, and then top of the head.

Jessica: Perfect, so wrist-to-wrist, is just the inside of our wrists together?

Iyanla: The inside of your wrists, wrist-to-wrist.

Jessica: All right, we'll follow along with you.

Iyanla: All right, let's start at the eyebrows.

Eyebrow	Anger
Side of Eye	Anger
Under Eye	All this anger
Nose & Chin	Anger, and whatever is beneath it
Collarbone	I'm angry
Under arm	I feel angry
Wrist-to-Wrist	Even when I don't know it
Top of Head	I'm expressing anger

EB	Anger in my muscles
SE	Anger in my body
UE	Anger that keeps me stressed
NC	And whatever is beneath the anger
CB	Whatever is keeping me tense and tight
UA	I call it out into the open
WW	Whatever is disguised
TH	Whatever is hidden

EB	Whatever is camouflaged
SE	Whatever is programmed
UE	Whatever is secretive
NC	Whatever I deny
CB	That supports this feeling of anger
UA	It isn't serving me well
WW	I know it's time to get rid of it
TH	I am choosing



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EB To let the anger go  
SE With every breath I take  
UE I am releasing the anger  
NC With every breath I take  
CB I am releasing any hurt  
UA I am releasing the fear of vulnerability  
WW I am releasing the belief that it is weakness  
TH To acknowledge I may be hurt

EB To acknowledge I may be afraid to be vulnerable  
SE With every breath I take  
UE I am calling in the feeling of peace  
NC To replace the anger  
CB And whatever is beneath it  
UA As I move to a place of healing and inner peace  
WW I surrender anger  
TH This is my choice now

Let's take a breath. Check your intensity.

Jessica: Thank you, Iyanla. That was so powerful. I can imagine for some people some tears might have appeared with that powerful tapping. It's part of the healing process, right?

Iyanla: It absolutely is, tears, yawning... I think it's also important, one of the things that I've learned, particularly in tapping on anger, is to call out the things that are hidden or camouflaged or denied or buried or secretive, that the conscious mind may resist, you know? Even to call out resistance to releasing anger, because we may think that if I don't have the anger then I'm acquiescing to what happened, and not at all. Of course, in your own tapping experience, also add in whatever comes up. 'I release feeling betrayed, I release feeling abandoned, or I'm calling out into the open feeling betrayed, calling out into the open feeling abandoned. I'm calling out into the open feeling justified in staying angry!'

Jessica: Yeah, and you've talked about the importance of being vulnerable and how it is difficult, which is why anger sometimes seems like the easier path. But with the tapping that you just did, it really supports us in feeling vulnerable, but feeling safe feeling vulnerable, and more compassion towards ourselves. There's a gentleness to it that I think is so important.





Iyanla: Absolutely important, and we have to take responsibility for our own healing. You can choose to stay angry or you can choose to take responsibility for shifting the energy. One of the things I often say to my students and to coaches that I train, I say, 'You know, if anger is the result of you feeling powerless, take back your power. Take back your power.' And tapping is one way that we get to take back our power, by releasing the energy of that experience or what we saw or heard. Because we can't un-see it, you can't un-hear it. The chances are, if I were to cut you open today on a forensic table and look inside, I wouldn't see anger. I could not find it.

It's not like it's an organ or a black ball or something, it's energy. We can have the power to release the energies that no longer serve us, and in a natural, normal experience, whether it's a threat or frustration or just that momentary loss of sense of self, anger is appropriate. But to hold on to it and to constantly relive or reimage it in your mind just creates another level of disempowerment.

Jessica: Yes, that makes sense. I just want to make a quick note, I have a feeling that people will be curious: When it comes to tapping, there are so many different styles, which I love. I think it's about finding the one that really resonates with you. So, people will notice that within the Summit we don't use the wrist point. But I love that you use it. I think it's something that people can experiment with and see if they want to incorporate it into their practice. There are so many acupressure points, all over the body, and it's about finding the ones that really support you. I want to mention that because I have a feeling people are going to be thinking, 'Wait a second, but why does she do the wrist point and sometimes we don't?' I want to give people that freedom to experiment, to do what feels best for them.

Iyanla: One of the things about the wrist, and this is a kind of graphic demonstration, but one of the things about the wrist is that it touches all of your major arteries. Which is why sometimes when people want to harm themselves, they slash their wrists. It goes right into all your major arteries, that influences all of the blood flow. It's a major energy center in the body, and it also connects to the hands. In the hands, you can touch all of your organs, so when you're tapping using wrist-to-wrist, not only are you touching all of your major artery points, you're also touching all of the major organs in your body. That's another reason we can do it.

Another spot that we use that I didn't use today was right at the top of the ribs, right under the breast, what we call the kidney point. I didn't use that today, but that is another place. Remember tapping is moving energy through the organs, through the systems, through the structure, so that it can be released. That's why we use our





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mouths to voice what we're feeling. When you're tapping, things will come up, so don't feel that you're stuck, that you have to say a certain thing. That's why venting is important. I have a student that I tap with, and oh, she will cuss up a storm! Then when it's all over, she's like, 'Whoa, I need to go wash my mouth out.' I say, 'No, that energy's gone. It's already gone.'

Jessica: I love that, it's so true. You have to use the words that feel right for you, and it's about being honest with your own experience. Well Iyanla, I want to talk about forgiveness. I mentioned before that I think it's something that we know is a good idea, but when we're in our pain or when we're in our hurt it can feel really difficult or just far-fetched. I want to start with just asking you, why? Why is forgiveness something that we really should strive for?

Iyanla: First of all, not only does it free up your energy, because I am an “energy-ologist”. (I just made that up!) But forgiveness is first of all, something that we live in every day. I have to believe that my creator looks down and forgives me at least five times an hour, as I descend into my bloated human nothingness, whether I'm judging somebody or judging myself or being critical, I'm sure that the creator says, 'Oh, poor thing, let me just forgive her.' That's one thing, it's something that we receive all of the time. It's the predecessor or the precursor to grace, and we all live with grace.

But the other thing about forgiveness is that it opens up the channels of your mind and heart so that you can have a different perspective of when you experienced, of what occurred, of who you are, of who somebody is. Forgiveness also takes you out of that psychological and emotional loop of wishing that things were other than the way they are. Byron Katie teaches, as long as you argue against reality, you will suffer. Forgiveness relieves suffering. Forgiveness relieves suffering because it says I am accepting things the way they are or the way they unfolded and I'm willing to move beyond it. Forgiveness is the gift that you give to yourself. By letting somebody else off the hook, you give that gift of freedom and release to yourself.

In his wonderful book, *Love Without Conditions*, by Paul Ferrini, he has a statement in there that says, 'Every nail you hammer in your brother's hands keeps you on the cross.' When you take the nails... forgiveness is how you take the nails out of your brother's hands, or your sister or your father or your ex, or whoever it is. Forgiveness is how you take the nails out of their hands so that *you* can get off the cross. You don't have to be crucified, you don't have to suffer, you don't have to stay stuck in the energy of something that no longer exists. I could do a treatise on forgiveness, that is my minimum daily requirement!



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Jessica: Yes, when I was reading your book, I was so moved by the story of your brother. Would you share that experience and how forgiveness played a role?

Iyanla: My brother, was my big brother, my hero, I just loved him with a divine love, an unconditional love. And my brother was also cross-addicted to drugs and alcohol from the time he was 16 until the day of his death, one day before his 50<sup>th</sup> birthday. My brother would get inebriated or drunk or high, I don't even know what it was, every holiday! He would call me at 2 o'clock in the morning every Thanksgiving, every Christmas, his birthday, my birthday, Mother's Day, Father's Day. He would call me and recount the horrors of our childhood. I mean, he would tell a story as if it was going on this Tuesday. Every year, this went on and on and on.

I would argue with him and tell him no, and the more work I did and the more healing that I experienced, I just couldn't bear it anymore. One day he called me, and it was New Year's Eve, or Christmas Eve, whatever. I said, 'Listen, if that's the only thing you have to talk about, don't call me no more.' I had just had it, Jessica. I was done, okay? I was resigning from the 'we grew up terrible' committee. I was just resigning. He said, 'Okay,' and he hung up. I didn't see or hear from my brother for five years.

During that time, I recognized my judgements of him and my anger towards him, my fears about him, and I had to do my work. I had to forgive him, I had to forgive my father, I had to forgive myself. I just had to forgive, forgive, forgive. I did that work, and probably around the third year I toyed with the idea of trying to find or get private investigator to find him and Spirit just kept telling me, 'Just be still.' Five years - I was in Houston, working and my office called and said, 'There's a man on the phone who says he's your brother.' I said, 'Okay,' because of course nobody had seen him or heard of him. I said, 'Give him my number.' And he called me, and he says, 'Hey, how you doing?' As if we had been speaking for five years, you know, how you doing? I'm like, oh my god.

But what happened was I didn't judge him, I didn't beat him up, I didn't even ask him where he was. He says to me, 'Can you send me \$50?' I sent him 100. We reconnected and this is when I was doing my television show in New York. My brother came to my show every single day and would sit in the audience. Then one day, the day... my mother raised us, we didn't work on our birthdays. His birthday was on a Saturday, Easter Eve, March 31<sup>st</sup>. He would have been 50 years old the next day. He went out that night, got high, had a massive heart attack, and died at 11:54 PM. He would have been 50 years old at midnight, 12:01. I said to myself,



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'He just chose not to be resurrected. He just chose not to be resurrected.' I wasn't angry. I did grieve his loss, because he was just so brilliant and so beautiful, and so wounded. He just didn't do the work.

But I was grateful for forgiveness, because had my brother passed and I was still holding upset with him, I think it would have been a much harder journey for me.

Jessica: Yeah... You have such an incredible life and journey and story that you share openly, and first of all, thank you for sharing that story with us. I think that one of the hesitations that people have around forgiveness is they think that if you forgive someone, you're saying that you approve of their behavior, that it's okay. Can you address that?

Iyanla: No, you're not saying that what they did was right. You're not saying that you're afraid that they'll harm you again. What you're saying is, 'I acknowledge what happened, I accept what happened, and I'm willing to move beyond it.' You're willing to move beyond it. Now here's the piece, Jessica, that I think people get caught on. If someone does... commits an egregious offense against you, and you forgive them, that doesn't mean you've got to invite them to Thanksgiving dinner!

Jessica: Yes.

Iyanla: You get to choose how you want to be in a relationship with them, but you don't have the angst and the upset and the anger and the bitterness in your heart. I got to choose how to be in a relationship with my brother. I got to stop lecturing him about drinking, I got to stop lecturing him about the dangers of drug abuse. 'This is who you are! Now, I'm not going to leave my diamond earrings on the table, but you can come by for some tea!' I just said to him originally, 'If this is the only thing you have to talk to me about, don't call me.' He just took that to mean to never call me again. But once you forgive someone that aggrieves you in some way, you then get to choose how to be in relationship with them. You don't ever have to call them, see them, invite them over. You don't have to walk their dog. You don't have to profess love for them and send them Valentine's chocolates. You get to choose. And I think that's where people go astray. They think if I forgive you now, we've got to be bosom buddies. Oh no, you get to choose.

Jessica: Yes, that's so important to know. You mentioned something earlier that I found really profound, this idea that forgiveness isn't something we do once. We do it over and over again. Can you speak about that? I think we live in this world where we think it's black or white. You forgive or you don't, but one day you'll be completely



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healed and over it. It seems like life is so much more complex than that. How does forgiveness fit into a life that isn't so straightforward?

Iyanla: Well you know the same way we have skin; you've got the dermis; you've got the epidermis. Then you've got the flesh, then you've got the muscles, the bone, we're layered. When you have experienced something egregious from someone or something you believed was egregious, there are layers to it. You may find yourself forgiving the same person over and over and over. I was sexually violated by my uncle and I first had to forgive him for sexually violating me. Many years later I had to forgive him for stealing my innocence, for introducing me to sex in such a violent way. I had to forgive him for his behavior that destroyed my sexuality as a woman. Then I had to forgive him for violating my trust. I had to forgive him for lying on me, because when I told, he said that I was lying, and everybody believed him.

There were layers and layers and layers. The last layer that I got into which shocked me, talk about shock and horrification, I had to forgive myself for the years I had been unwilling to forgive him. I was like, 'Okay, just take me now Lord, take me now, take me now.' I had to forgive himself, because I gave him almost 30 years of my life, just being angry and unforgiving. That was the peace.

Jessica: I think sometimes that's the hardest peace, the self-forgiveness.

Iyanla: Talk about it, it's the hardest peace because we want to be right about how wrong they were. The human mind, the ego, wants to be right about how wrong they were, because we're taught  $A^2 + B^2 = C^2$ . We're taught about the sun, the moon, and the stars, but no one teaches us about how to forgive. I think that needs to be a course in middle school; and the power of it, and the necessity of it, and also the freedom that you find in forgiveness. Once I really forgave the layers of anger and betrayal and all the things that I felt toward my uncle, my father, my relationships not only with other people, with men and with myself, became much more fulfilling.

Jessica: Yes, we tapped earlier on the anger and the hurt underneath that anger. Do you find that when we do this kind of work that forgiveness is easier to accept, to experience? Is that the first step on that path?

Iyanla: I usually end a tapping script with some level of forgiveness, because I just find that it is so powerful. If you remember or recall in our opening, when we were on the karate chop point, I acknowledged the part of me that didn't want to let the anger go. Because you know, Jess, we get caught up in these ways of thinking and feeling and



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believing and we want to be right about it. We'll hold on to it, sometimes consciously, unconsciously, sometimes out of habit. I usually end the tapping script with 'I forgive myself for all of the time that I've wasted being angry. I forgive myself for all of the trauma and drama I created in my life by not acknowledging that I was hurt. I forgive myself for being so defiant to my own emotions that I wouldn't let this go.' I usually end the tapping script, I find that it's very, very helpful to add that in – not forgiving the other person, but forgiving me.

Jessica: Yes, well with that I would love to have a tapping experience that really focuses on the self-forgiveness.

Iyanla: Oh yes, okay! What I would say is, if the listeners could identify a recurring self-criticism or self-judgment just so that we can get an intensity on it. You know, 'I'm not good enough, I'm too fat, I'm too slow, I shouldn't have...' Look at your 'should'. Look in the 'should closet', because I'm sure you've got some 'should' in there, that we 'should' all over ourselves. If you can bring up one of those, 'I should have left a long time ago, I shouldn't be where I am, I should know better, I should have done better, I should have done more, I should, I should, I should.' Find the 'should' and give it an intensity. Great, then we want to take a nice, long deep inhale, and a slow, complete exhale. Good, let's go to our karate chop point, just for a moment.

Side of Hand Even though I find it difficult  
Extremely difficult  
To forgive myself  
For some choices I've made  
Choices that I didn't make  
Decisions I made  
Things that I didn't do well  
Whatever things I hold against myself  
That I know I should forgive myself for  
There's a part of me  
That does not believe  
I deserve my own forgiveness  
And I don't want to let that part of me go  
For whatever reason  
Conscious or not  
Logical or not  
That part of me  
Refuses to forgive me



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And I must admit  
I think it's right  
I shouldn't be forgiven  
But I'm willing to give it a try and love myself anyway

Shake your hands out. On the karate chop point again:

Side of Hand Even though there's a part of me  
A big part of me  
That doesn't want to forgive myself  
That judges me  
As wrong  
Not enough  
Not good enough  
Helpless, hopeless  
Even sometimes stupid  
For things that I've done  
Or haven't done  
There's another part of me  
A more gracious and divine part of me  
That knows I am worth  
My own time, energy, attention and forgiveness  
And I want that part of me  
To take dominion and reign in my consciousness  
That's why I love and accept myself

Eyebrow Forgive myself  
Side of Eye Forgive myself  
Under Eye Why is it so difficult  
Nose & Chin For me to forgive myself?  
Collarbone I want to forgive myself  
Under Arm No, I don't  
Wrist-to-Wrist Yes, I do  
Top of Head I want to forgive myself

EB But there's a part of me  
SE That doesn't believe  
UE I deserve my own forgiveness  
NC Look at me!  
CB Look at what I've done!



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UA	Look at what I haven't done!
WW	I messed my life up!
TH	I messed my relationships up!
EB	Just look at where I am
SE	I am not where I should be
UE	There I go again
NC	Judging myself
CB	Beating myself up
UA	Not letting me off the hook
WW	Not acknowledging I'm just human
TH	Well, that ends today!
EB	I am now choosing
SE	To forgive myself
UE	Self-forgiveness
NC	That's my choice
CB	It's not an easy choice
UA	But it's a choice I'm making
WW	I am forgiving myself
TH	Totally and unconditionally
EB	For everything I've held against myself
SE	For every false belief I hold about myself
UE	For the things I've been unwilling to forgive
NC	For the things I think I've done wrong
CB	For all the things I think that are wrong with me
UA	I'm forgiving myself
WW	I'm choosing to forgive right now
TH	I forgive myself
	For all judgements about myself
EB	I ask forgiveness to now move through me
SE	I believe I feel it
UE	The freedom of forgiveness
NC	It's moving through my body
CB	It's moving through the fluids in my body
UA	It's moving through my bone marrow
WW	Self-forgiveness
TH	That is my choice





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Take a breath and check your intensity.

Jessica: Iyanla, that was so powerful. I feel like I need to lie down.

Iyanla: I mean, you can add whatever you want to add in there. 'I forgive myself for always choosing the wrong partner, I forgive myself for *believing* I always choose the wrong partner.' When I do forgiveness, I forgive the thing I'm holding, and I forgive my belief about the thing I'm holding. Because remember belief is a thought fueled by emotion. You can have a thought and then you can have a belief about the thought. I forgive the thought; I forgive myself for thinking I'm too fat. I forgive myself for believing I'm too fat. I forgive myself for thinking I'll never amount to anything. I forgive myself for believing I'm not anything right now. You can do the thoughts, you can do the feeling.... 'I forgive myself for thinking that my life isn't what it should be. I forgive myself for believing that my life should be other than it is. I forgive myself for judging my life as it is right now.' The thought, the belief, the judgment, the feeling, forgive it all. It's all going to move energy.

You know what I love about tapping? You can't do it wrong. The only way you can do it wrong is not to do it.

Jessica: Exactly, and you've really showed us the way. I want to mention that the tapping that we did together is in the workbook if people want to go back to it. I think what you're saying is important, one, that you can't get it wrong, and two, that this is a practice. You don't just tap once and then that's it. This is about bringing in a tool in our lives, so we can forgive ourselves and others again and again, because we are all human and it's part of the human experience.

Iyanla: Have you got time for a quick joke?

Jessica: Yes, I always have time for a quick joke!

Iyanla: So, I love shopping. I know you can identify with that. But I love shopping on the sale rack, so whenever I got to Target, I shop on the exercise clothes sale rack and I buy these matching outfits and I try to get the top and the bottom to match and I'm just overjoyed whenever I get them. I get them, but I never exercise! So, I bought this beautiful exercise outfit at Target and I put it on, and I put my sneakers on, and I put on YouTube the exercise routine. I looked at them for the first two minutes, and then in my exercise outfit I walked downstairs, got me some ice cream, came upstairs, sat on the edge of the bed and ate it! I had to forgive myself. 'I forgive



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myself for eating that ice cream. I forgive myself for not exercising. I forgive myself for beating myself up for not exercising. I don't know why I don't like to exercise.' That's what I forgave myself for.

Jessica: I love it, yes. I know that all of us can relate, whether it's with that or something else. But thank you for giving us permission to be human. That's really what we need, is more grace in our lives, and more forgiveness. More ease and more compassion. You're showing us the way, and with something like tapping it becomes so much easier because it's not just a concept in our head. It's something that we're physically doing and we're experiencing with our whole body. Thank you so much for making it accessible and easy and for spreading it around the world. Iyanla, you are always such a joy to speak to, thank you so much.

Iyanla: Thank you, and happy tapping.