



Jessica: Welcome to the Personal Peace Procedure. In just a moment I will be asking you questions to help you review the different areas of your life, in order to target what is holding you back. Simply answer the questions to yourself, and if a negative emotion or memory comes up, give it a title and write it down. You can later go back and focus your tapping to clear that specific block. Feel free to pause this audio if you need more time to write something down.

No matter what comes up during this process, you'll feel safe. Anything that comes up is doing so because it is ready to be cleared. Imagine that whatever comes up can be washed away by the ocean waves. Gently close your eyes, knowing that you can open them anytime you need to write something down, and then go back to gently closing them. The key is to relax and to let your mind wander.

Let's start by taking a deep breath in, and exhale. We're going to do this two more times. Inhale, and exhale. Inhale, and exhale. There is no wrong way to do this. Just let your mind wander and trust your intuition.

Let's begin by focusing on your financial health. What is the first memory you have around money? What have your parents taught you about money? Was money a challenge for your family? Were there any negative experiences around money from your childhood that are still holding you back? Be aware and write down any limiting beliefs around money that you picked up in your childhood.

Can you remember the first time you had to financially support yourself? Are there any significant stories or beliefs around that time that need to be cleared? How do you feel about your current financial situation? If you're feeling any stress around your financial situation, what exactly is stressful? What exactly is the thought that holds you back? Be aware of it from a distance and simply write it down, knowing that you can later go back to it to clear it.

What are the beliefs you have around other people having money? Is it safe for you to be financially wealthy? What do you feel is the downside of being financially wealthy? Write down any memories, thoughts or feelings that you're ready to clear. Can you remember the first job you ever had? Reflect on the jobs you had in the past. Are there any significant events or feelings that need to be cleared? How do you feel about your current job or your unemployment? What is stopping you from enjoying your job to the fullest?



Are you doing what you really love? If not, what is stopping you from doing what you love? Spend a moment now and continue to reflect on the feelings around your job, noting down any memories, beliefs or thoughts that you'd like to target with your tapping.

Take a deep breath in; exhale. Now let's focus on your relationships. Think about the relationship your parents or caregivers had. Did you learn anything from your parents' relationship that doesn't serve you? Did you learn any limiting beliefs that don't serve you?

Remember your first romantic relationship. Is there anything from that time in your life that you need to clear? Reflect on any other romantic relationships that you previously had and note anything that you want to clear. Did you pick up any limiting beliefs or stories during those past relationships? Now reflect on your current relationship. What do you need to clear to improve this relationship? What feelings about yourself are preventing you from having the relationship you want? What are your beliefs around love? Are they empowering, or are there some false beliefs that you still want to clear?

What are you now ready to clear to truly open your heart with to love that you deserve? Take a deep breath in, and exhale. Notice the sensations you have in your own body. How do you feel in your body? Notice any pain or heaviness that you're ready to clear. What needs to be cleared to let go of this pain?

Let's do a body scan, and notice if any part of your body is in pain or if you have a negative emotion associated to that part of your body. As we focus on each part of the body, let yourself relax even more. Simply observe the feeling and write it down. Then you can let it drift away with the ocean waves.

Begin by focusing on your feet, moving up your calves and now focusing on your knees. Do you feel any physical or emotional pain? Now moving up your thighs and then to your hips; notice any beliefs, feelings and memories that might be trapped there.

Moving up to your stomach, how do you feel about your stomach? Note any physical sensations, beliefs, memories or emotions that could be stored in your stomach. Moving up to your chest, check in with your chest. How does it feel? Is it clear, or does something need to be cleared?

Now focus on your back. Again, notice any physical sensations, emotions or



beliefs. Notice how your back feels and what might be stored in your back. Moving through your arms and to your hands, notice how you feel. Moving back up your arms into your head, notice your neck and your head and note any sensations, memories, feelings or beliefs that you're ready to clear.

Reflect on any significant memories around your body. What are you going to let go of to feel the power in your physical body? Feel the calmness in your body, and just take a moment to honor it for all it does for you, because now you know that you are ready to listen to your body and give it what it needs.

Take a deep breath in, and exhale. What needs to be cleared in order for you to feel more joy in your life? What's preventing you from really feeling joyful? What needs to be cleared for you to smile more every day and recognize your worth?

Now let's focus on different emotions, and just take notes if any of these emotions resonate with you and what you are ready to tap on. From a distance, I want you to observe the feeling of anger. Are there any events that you are angry about, that you want to clear? Is there anyone you are angry with?

Reflect on the feelings of anger from a distance, and if it appears, write down the title of the event, belief or memory. From a distance, reflect on the feeling of sadness. Are there any thoughts, memories or beliefs that make you sad? What events will now be cleared to wash away the sadness?

From a distance, reflect on the feeling of fear. Is there anything that scares you in your life right now? Give it a title and write it down. Are there any fears that are preventing you to take a step forward towards what you love?

From a distance, reflect on the feelings of hurt. Is there anything that makes you feel hurt when you think about it? Do you still feel hurt by anyone or anything? Reflect on that feeling of hurt and write down any significant event.

Now from a distance, focus on the feeling of guilt. Is there anything that you did or anything that happened that you still feel guilty about? Give any memories or feelings of guilt a title, and write it down knowing that you will let it go.

Take a deep breath in; exhale. Ask your subconscious mind if there are any other memories or beliefs that you are ready to clear. Spend a few moments and let your mind drift to anything else that needs to be cleared, and write it down. When you finish you can just relax and listen to the ocean waves.



To end on a positive note, repeat these affirmations after me and either tap on your favorite tapping spot or switch spots with every affirmation. Tap and repeat after me:

Love before me.
Love behind me.
Love at my left.
Love at my right.
Love above me.
Love below me.
Love onto me.
Love in my surroundings.
Love to all.
Love to the universe.

Peace before me.
Peace behind me.
Peace at my left.
Peace at my right.
Peace above me.
Peace below me.
Peace onto me.
Peace in my surroundings.
Peace to all.
Peace to the universe.

Light before me.
Light behind me.
Light at my left.
Light at my right.
Light above me.
Light below me.
Light onto me.
Light in my surroundings.
Light to all.
Light to the universe.

Now take a deep, deep breath in, and exhale. As you continue breathing deeply, I want you to imagine all that love, that peace and that light. You have come so far.



Look at that list. How does it feel knowing that you can cross everything off that list, that you have the tool and you are committed to no longer letting what's on that list stop you?

Every time you wrote something down and you faced it, you took your power back. Those events, those memories, no longer have power in this present moment. Continue looking at that list and imagine what your life will be like once you tap all those things away, once you no longer let the things that have been stopping you, control you.

What does that feel like? How will your life be different? Imagine it now. How much richer will your relationships be? What will you be able to achieve? What are you now ready to take action on? Look at that list and pick one thing that you're going to tap on right now.

Just take one step of action to feel better and get on that road to living the life you've wanted. Stand tall. Wherever you are, stand tall. What does that feel like to know that you can do this, and to know that you will?

And remember, be gentle with yourself, because if you fall off the horse, what do you do? You've got it, you just get back on and you have fun doing it. Always remember that the revolution starts within.

This is Jessica Ortner, and on behalf of everyone here at The Tapping World Summit we are so happy that you could join us. We look forward to hearing about your success. Take care, and keep tapping!