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## **A Guided Tapping Meditation to Clear Financial Beliefs That Impact Your Health**

Jessica Ortner: Welcome to this tapping meditation for clearing financial beliefs that impact your health. Dr. Kim shared the importance of beginning to look at all our relationships when we're looking to improve our health. It is not very often that those suffering with a physical problem make the connection to their finances, but the American Psychological Association shared that financial stress and concerns over debt are associated with increased risk of ulcers, migraines, heart attacks, and sleep disturbances. Financial pressures seem to only increase with the diagnosis of an autoimmune disease, often because of the costly prescriptions and procedures. Even self-care like massage or acupuncture can come with a financial burden. So a big question is what can tapping do? Surely tapping a few rounds can't simply clear your debt and give you the money that you need. But something just as amazing does happen. When we are feeling the anxiety around finances, we go into that fight or flight response. Cortisol and adrenaline take over, blood leaves our brain to go into our extremities, so that we're ready to literally fight or flee. Yet, this reaction that our body is having doesn't serve us when we're faced with making financial decisions.

Financial panic is paralyzing. It's impossible to be smart, creative, and resourceful when we are in a complete state of overwhelming panic. So when we begin to let go of the panic and the belief that our situation isn't solvable, we open ourselves up to solutions. This tapping meditation is designed to help you begin to release that financial pressure so that you can feel empowered. So you can think clearly and act clearly. We will begin by tapping on the points while expressing how you feel about your finances, the frustration, the fear, whatever comes up. And I want to remind you again that as we give a voice to these feelings and we stimulate the acupressure points, that what you're doing is sending a calming signal to the brain letting your brain know that even though you have these thoughts, these fears about finances, that it is safe to begin to relax. And when you can think about these stressful thoughts, but feel relaxed in your body, then that thought doesn't have the same power over you. It becomes easier to let it go and have a more positive experience, to be able to think more clearly about your finances.

Then we'll move on to positive statements and it's important to use these positive statements when they feel comfortable. As we tap while focusing on a positive statement, we continue to calm that fight or flight response and it allows these thoughts to feel congruent because they too are calming. So if you don't feel



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ready to tap on the positive, you can simply pause this meditation and continue tapping on your own. It's always powerful to use your own words, but my hope is that this meditation serves as a great guide. Let's begin by noticing the financial stress. When you think about your finances, how do you feel? Fearful? Ashamed? Frustrated? Notice the emotion and where you feel it in your body. Give it a number on a zero to ten scale.

We'll begin together by taking three deep breaths. Inhale through your nose, and exhale through your mouth. Inhale, and exhale. Inhale, and exhale. Tapping on the karate chop point, repeat after me.

Side of Hand Even though I feel so scared when I think about my finances  
I love and honor myself and I accept how I feel  
Even though I feel so ashamed when I think of my finances  
I love and honor myself and I accept how I feel  
Even though I feel all this anxiety around my finances  
I love and honor myself and I accept how I feel

Eyebrow All this pressure around my finances  
Side of Eye I already have this physical pain  
Under Eye And now the bills keep coming in  
Under Nose Everything that can help me feel better  
Under Mouth Seems to cost money  
Collarbone And I don't feel like I have enough  
Under arm I never feel like I have enough  
Top of Head I have been struggling with this for so long

EB And I feel so ashamed  
SE I feel so alone  
UE This is too much for one person  
UN This heavy burden  
UM It's been really hard  
CB And I honor what I've had to go through  
UA I have been doing the best I can  
TH But it never feels like enough

EB All this panic about my finances  
SE I can't let it go  
UE I need this panic

UN Because something needs to change  
 UM But what if something could change?  
 CB Without this panic?  
 UA I move at my own pace  
 TH I am opening up to a new idea

EB All of this shame  
 SE Has kept me frozen  
 UE Has kept me playing small  
 UN Part of me feels I deserve this pressure  
 UM And this shame  
 CB But what if I don't?  
 UA What if I wasn't alone?  
 TH What if I deserve my own love and compassion, now more than ever?

EB This money struggle has felt like a curse  
 SE And I honor how hard it's been  
 UE What if there was more to this?  
 UN What if this was an invitation  
 UM To let go of the beliefs about who I am  
 CB And truly step into my power?  
 UA As I begin to release this money shame  
 TH It becomes easier to take a closer look

EB I honor myself  
 SE For having the integrity to want to pay off debt  
 UE I honor myself  
 UN For wanting to make more money to support myself and others  
 UM I have thought I was cursed  
 CB I have thought I was just a bad money maker  
 UA But as I begin to relax  
 TH I see that this was a story I've been telling myself

EB I don't need to do this alone  
 SE It's safe to ask for help  
 UE We are here to support one another  
 UN I am open to learning what I need to learn  
 UM To be a better money manager  
 CB I feel the freedom to investigate



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UA Different ways to help my situation  
TH I let go of the old stories I've been telling myself

EB Because I am capable  
SE I am not alone  
UE The universe is conspiring to help me  
UN And I am open to the possibilities  
UM Money is simply what I make it  
CB And I choose to feel in harmony with money  
UA I am smart, grounded, and capable  
TH Right here and right now, I am okay

Take a deep breath in and as you exhale notice how your body feels, notice that old emotion you measured at the beginning of the tapping meditation. How has it shifted? And as the music continues playing, you can continue tapping or simply take this time to integrate your experience. Notice your thoughts and feelings, and if you feel inspired, take some time to journal. How can you support yourself in this journey to attract more money? Take note of any ideas that come to mind. Use this time for yourself.