



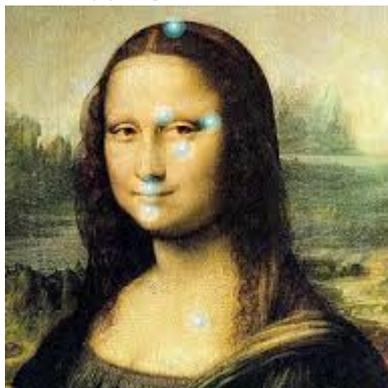
The Abundant Businesswoman's Summit Bonus

Free Gift from Julie Flippin

During Julie Flippin's interview she offered the gift sharing a cutting edge which helps to reduce anxiety. And she chose the topic that new entrepreneurs really struggle with – how to be ok asking for money, and how to move on from your JOB and into your own life as an empowered entrepreneur.

The cutting edge technique is called Emotional Freedom Technique or EFT. You gently tap on different points – you may have heard of the acupuncture points from Chinese Medicine –you tap on the end points of the major meridians or energy channels.

The Tapping Points



I thought you might like this Mona Lisa image! The main tapping points are shown here, and are tapped in this sequence:

TH: The top of the head

IE: The inner eye, on the eyebrow, adjacent to the nose

UE: Under the eye

OE: the outer eye, on the other end of the eyebrow

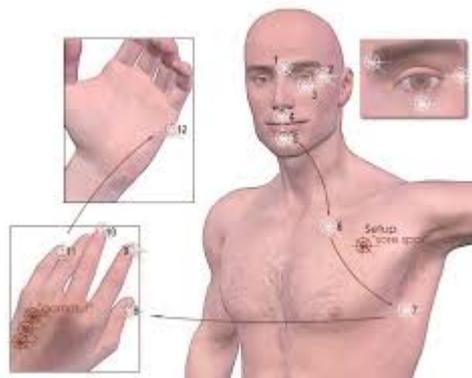
UN: Under the nose

UC: under the chin

CB: The collar bone point

UA: Under the arm

It is a simple, self-administered technique; but like all simple things, it can get a bit complex – so here is a less attractive but clearer image which contains more of tapping points:



KC: Karate Chop point – the outside of the hand

TH: The top of the head (not shown)

IE: The inner eye, on the eyebrow, adjacent to the nose

OE: the outer eye, on the other end of the eyebrow

UE: Under the eye

UN: Under the nose

UC: under the chin

CB: The collar bone point

This hand above also has the tapping points that you can tap secretly when you don't want others to see you tap!



What to say

As you tap, you actually verbalise the negative emotions, and the issues that are bothering you. This can be very challenging for those who only want to make positive statements. However there is a huge power in identifying the concerns, clearing them from our energy systems and then tapping in the new, more positive reframes can really help in moving you forward into a better, more positive frame of mind. There are many tapping sequences that you can find on the internet – but finding your own voice is important too. Often when you start tapping you may not be aware of what the issues are until you begin to give them a voice.

Julie Flippin's Tapping Sequence

Julie has shared a tapping sequence to help with the challenge of having money conversations; and on making the transition from paid work to entrepreneur through selling services.

Check-in

1. First of all, feel into your body about how it feels when you have to talk about what you charge. Stomach? Chest? Shortness of breath? This is called resistance.
2. Score this resistance from 0-10 where 0 is no resistance and 10 is extreme resistance.
3. Take a deep breath

Tapping Sequence

KC: Even though I feel really uncomfortable charging for what I love to do, I am just going to accept myself where I'm at today.

KC: Even though making money with my passion feels greedy and wrong, and I am really struggling with that, I'm just going to accept these feelings.

KC: Even though I am really afraid to ask people for money for what I do, I'm open to seeing it differently.

EB: I'm scared

OE: I'm struggling with asking for money

UE: I'm afraid to ask for my services

UN: I just can't ask for what I want.

UC: How can I ask for money?

CB: It just doesn't feel right

UA: I just can't ask for the money that I need

TH: It's just not that easy, I'm really scared

KC: I'm really afraid that people will say no when I try and sell them something.



Even though going from salary to having sell something is really scary for me, I've never done it before. I've just got a pay check every week. Now I have to create my own pay check. I'm really scared about that and I'm working really hard to staying open and seeing it differently

EB: I'm scared to sell

OE: I'm scared to have to create my own money

UE: People are probably going to reject me

UN: I'm not even sure I'm worth the amount I'm charging

UC: I'm afraid of what people are going to think of me

CB: It might be easier to go back and work for a salary than have my own business

TH: It might be easier to have someone else have all the fear and the worry and not me

EB: I wonder if it's possible that people don't value what I do, because I'm not really charging enough

OE: I wonder if it's possible that going back and working for somebody else, is just an easy way out.

UE: It's possible that this story I've been making up so I don't have to get uncomfortable to grow my business is just a story

UN: I'm open to the possibility of learning how to do sales instead of just getting a salary

UC: I'm open to observing the value that I bring into the world

CB: I'm excited about the possibility that the more people I work with, the more I serve the world

UA: And unless I'm willing to ask for a sale

TH: I can't help people. And I really want to help people. It may be possible that instead of thinking of money as something that's bad, or lacking, I can start seeing it as the number of people that I'm really helping

EB: I'm really open to asking for money for my services

OE: I am open to creating wealth for myself and my family

UE: I may not be that person today, but I am committed to growing myself so I can help more people



Women Energy



<http://www.womenenergy.com.au>

CONNECTION AND COACHING FOR TRANSFORMATIONAL SUCCESS

UN: As I do this I let the universe know, you can send me lots of clients!

UC: I can handle it

CB: I can manage it

UA: I now allow my focus to include money for my highest good, and the highest good for the world

Take a deep breath. Check your resistance number again!

Repeat as often as you need.

There are some amazing resources on tapping out there. You might want to try these websites:

- www.EFTUniverse
- www.TappingSolution.com
- www.MasteringEFT.com
- <http://www.tappingintoultimatesuccess.com/>