



Untapped **POTENTIAL**

Teri Bach, MFT
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Opening Doors to New Possibilities

Opening Doors to Your Financial Freedom Program

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Welcome to the Opening Doors to Your Financial Freedom Program. This workbook contains all the exercises, handouts, and Tapping Scripts needed to complete the 4 modules.



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My Confidential Money Map

SAVINGS

How much do I have in Savings? _____

What are the first couple of emotions that come up when I look at that amount?

What are the first couple of thoughts that come up?

There may even be a pretty significant “financial trauma” connected to this!

DEBT

How much total Debt do I have? _____
(does not include Mortgage)

What are the first couple of emotions that come up when I look at that amount?

What are the first couple of thoughts that come up when I look at that amount?

There may even be a pretty significant “financial trauma” connected to this!

INCOME

What is my total income? \$ _____

What are the first couple of emotions that come up when I look at that amount?

What are the first couple of thoughts that come up when I look at that amount?

There may even be a pretty significant “financial trauma” connected to this!

INCOME GOAL

Here is a big income goal I would love to earn: \$ _____

What are the first couple of emotions that come up when I look at that amount?

What are the first couple of thoughts that come up when I look at that amount?

There may even be a pretty significant “financial trauma” connected to this!

TOXIC MONEY

When I think about this money and the battle in it...

What are the first couple of emotions that come up when I look at that amount?

What are the first couple of thoughts that come up when I look at that amount?

Tapping for Money Map – Module 1

It's overwhelming*** it's overwhelming***every part of my money*** and I'm feeling it*** I'm feeling that***it's so heavy all through my body***I'm so ashamed***it's so wrong*** it's so embarrassing***and it's so scary***all this shame in my body***all the stress in my nervous system***it's overwhelming***no wonder I don't spend a lot of time thinking about my money***this guilt***I'm such a loser***I'm a failure***a failure with money***I'm so ashamed***I'm just going to honor that heavy feeling***shame***shame***shame***stuck in my stomach***what if it never changes*** it's so awful and scary***I feel so awful***all the shame***I honor everything***I've said this to myself a million times***I'm a failure***it's shameful***frustrating***it's depressing***I'm disappointed in myself***I should be doing better***I should know better***I should make different choices***I should be able to figure this out***and I never do***I can never get ahead***I'm a failure***this is so heavy***I honor all of these dark feelings***I honor that I've been carrying them***maybe even my parents carried them***all of these dark shameful feelings***I've made so many mistakes***don't I deserve to yell at myself***if anyone saw these numbers***I would be so embarrassed***horried and mortified***people would see the truth about me***that I'm an idiot***or I'm not strong enough***or I'm missing something***people would judge me***I judge myself***all of this shame***I've been telling myself that I deserve to feel bad***and I'm just going to honor that***I've been really hard on myself***torturing myself really***don't I deserve to feel ashamed***look at these numbers***don't I deserve to beat myself up***to judge myself harshly***I've been judging myself for years***feeling ashamed***and from that place, everything feels impossible***and overwhelming***I'm just going to honor that***I honor this feeling of shame***this self punishment***and I'm open to lightening it up***maybe it's time***all the shame in my body***all the shame about money***shame about earning***shame about spending***shame that I don't earn enough***I literally can't win***I honor everything I'm feeling***and I'm open to light***compassion***healing***the truth is I've seen things

today***in a whole new light***I get it***maybe it's time to let go of some of this shame***to let go of my long history of self punishment***maybe it's time***I can't move forward without it***and I really do want to move forward***anxiety in my body about money***deep programming***fear and anxiety about money***anxiety wired into my nervous system***and the thoughts I think over and over***I totally honor them***and I'm open to healing***for my highest good.

Take a breath. It's always good to take a cleansing breath after a long round of tapping like that. I just want you to check in. Sometimes as we tap, we'll start with the feeling and then it'll peak up and get worse and then start to come down. So just check-in. What's the feeling that's left now? Is it still shame? Is it still anxiety? Or is there some compassion? Are you starting to feel some compassion? Remember that when you're feeling shame, it means there's a process going on in you energetically, emotionally, unconsciously; every level that says "I don't deserve." or said another way, "I deserve exactly what I'm getting."

Tapping for Money Map – Module 1

Positive Round

I've been really hard on myself***and it's been really hard on me***to have this much negative programming in my money***to feel like things are disappointing and impossible***to feel like the cards are stacked against me***that's some really hard stuff***to feel like I don't have enough value or worth***to earn more***to feel powerless and disappointed in money all the time***that's hard***I've lived with anxiety and shame for years***I've paid a real price for my programming***it's hard stuff***and I carry it 24 hours a day***sometimes it wakes me up in the middle of the night***and I can't sleep worrying about money***I totally honor myself***and I've added on top of that***being really hard on myself***really mean***actually mean to myself***I've added to this***being ruthless***ruthlessly critical of myself***to the point that I've broken my own heart before***I've literally beaten myself down***of course that's showing up in my money***and maybe I have insight on why I do that***but either way I'm just going to honor it in a new light today***I give myself the gift of compassion***I give myself the gift of understanding***I'm opening my heart***the wisdom of my heart***and understanding all of this***at a higher level***this is so much bigger than money***and it's really affecting my money***I give myself the gift of self-love***and the reminder or the new information***that I do deserve***I deserve happiness***I deserve to feel safe***I've never gotten that***and I have a lot of grief about that***and whenever I look at my money***it's just a giant metaphor***I have a lot of sadness***I'm just going to honor that***I honor this sadness***because it's honoring me***and everything I've lost because of this shame and fear***because of this programming I have around money***and because I love myself so much***I am going to heal this***I honor myself

now***I honor who I am and who I've always been***and I honor who I am becoming***in these 90 minutes I've become more conscious and more compassionate***and that is huge***I honor who I'm becoming***conscious and deserving when it comes to money***powerful and resourceful when it comes to money***and I bless everything I wrote down on this piece of paper***I bless all of these numbers***it's my current reality***it's what I've created based on my entire life of programming***and doing my best***and everything's changing now***I bless my current reality***and I am open to everything***that is now possible and unfolding for me***I commit to holding this compassion for myself and my heart***over the next week and saying a new thing inside of my head***which is this***I deserve better***I deserve more***I want more***and I deserve it

Take a breath. And just notice what's happening in your body now. There should be a lot of energy moving there.

Your Earliest Money Paradigm – Module 2 Exercises

Future Goals:

- 1) Set a future goal (3-5 years out) doing what you love
- 2) Set a goal to have in Savings
- 3) Number of hours you'd like to work

Process 1: Early Childhood Paradigm (visualization with you and your parents talking about finances, money, bills, etc.)

What's the dominant feeling there? Is there anxiety, stress, anger? Is there disempowerment? What kinds of things are they saying?

On a scale of 1-10 how intense is this picture? 10 is very intense.

Was there fear? Panic? Are you seeing a moment of great trauma?

Were there any quotes you can remember? Things they said very specifically about the world, about money, or about people when it comes to money. About their value or your value?

How do you as the child feel in the picture? How do you look as a child? You're there; you're just a child – how are you taking all of this in?

Do you feel sorry for your parents or one of them? If so, which one? Or do you feel angry at one or both of them?

Process 2 – Vows to our Parents

Visualization:

You're pulling up in front of your parents' home in a limo. It's the future and you have accomplished all of those goals you set at the beginning of the session. You are now earning \$_____ and have \$_____ in Savings and you only work _____ hrs per week. You tell your parents what you're earning and how many hrs you're working doing what you love. What just happened in that picture? How are your mother and father looking at you? How are they reacting to you? What are they saying?

How are you feeling with their reactions?

How did your parents appear to you? Did they look disempowered? Angry? Somewhere in between?

If they appear happy, how are YOU feeling? Did you go too far? Do you still fit in that family?

What's that unspoken family rule you broke?

What else did you notice?

Tapping for Early Family Paradigm – Module 2

There they are - my parents***dealing with and handling money and the bills***so much stress***there was anxiety***there was not enough***there was fear***there was panic***maybe even anger***fighting***disappointment***and I was there and I was just a kid***I saw it all today***this is my paradigm***this is what's been wired into me***this is where I get all my set points***anxiety***anxiety in my body***lack was more real than abundance***and I'm just going to honor that***stress***disappointment***ups and downs***and I still feel it today***I totally honor what I'm feeling***I never wanted this paradigm***but it's been wired into me***and I feel it***sadness about money***so much loss***so much suffering***and my parents***maybe they were doing their best***maybe they weren't***but they suffered***they worried***they scraped***they worked***and maybe they never got ahead***and I'm just going to honor that***I'm just going to honor that***all this feeling in my system***wired to run***anxiety about money***disappointment***disempowerment***and who am I to do better***who am I***who am I to earn more and work less***I felt it***shame***embarrassment***maybe they even seem to be angry at me***or maybe they were smiling***but I disempowered them***all of this wiring about money***all of this wiring about money***I'm just going to honor it***I've seen the truth today***and I don't want to be controlled anymore***I want to be free of this***so I can create.

Take a breath.

Tapping For Earliest Money Paradigm – Module 2 Anger

There they are - my parents***I could kill them***it's so frustrating***I'm still angry about it***it was so wrong what they did***so unforgivable***I will never let this go***I am so angry***and it is so justified***because what they did was wrong***and I will never say it's right***wrong, wrong, wrong***I'm so angry***and I deserve to be***how could you do this to me***why couldn't you be better***seriously***why couldn't you be better***the parent I needed you to be***why couldn't you have been stronger or smarter***why did you have to be so wrong***I'm still so angry***what you did was unforgivable***and I am right about that***I will never let this go***anger in my body***unforgiveness in my body***anger in my body***like it happened yesterday***I will never let this go***why should I***they don't even get it***they've never admitted or apologized***so why should I let it go***that would be wrong***all this old anger***you took so much from me***and you're still taking***because I'm still paying the price***I hate what you did around money***it hurt us in so many ways***I've lost so much because of you***I honor how I feel***I honor my anger***it is justified***and it's been costing me to carry it***because I'm still battling you***and your ghost is living in my money***so my money is a battle***and I really want to heal that***I honor all my feelings***I am open to healing***for my highest good***I honor all of my feelings***even this anger and rage***no one's ever heard it***no one's ever understood***but today I get it***I understand***and I'm hearing***and it's okay***I totally honor myself.

Take a deep breath.

Tapping for Earliest Money Paradigm – Module 2 Compassion

There they are - my parents***living the paradigm they got from THEIR parents***they learned struggle***and they lived it***they learned lack and fear***they've lived all the programming they got from their family***maybe they learned alcoholism***substance abuse***from their paradigms***disempowerment***struggle***lack of personal value***work hard for very little money***being betrayed***having the rug pulled out from under them***maybe losing everything***they had so much loss in their lives***and they never really got to the point of healing***or consciousness***joy***they never got to be free of stress***they worked so hard***they gave and they gave and they sacrificed***they sacrificed for me***for us***and they had very little reward***they were happy with what they had***and I'm just going to honor them for that***and I feel it***I wish it could have been different for them***I feel how much they lost***what they never got to have***who am I***to have it be easy for me***all this grief for my parents***sadness***disappointment***they were up against the glass ceiling***they were the have-nots***all this grief in honoring my parents***they lived from their paradigm***and now I'm living from it***I'm open to honoring my parents***so I can live the way I choose***I honor my parents paradigm***I'm blessing them***they lived their life***with their beliefs***that came from their childhood***they had their goals and their challenges***and I honor them***as eternal souls in their own journeys***through life***their own level of growth and development***their own destinies***that I have no control over***I honor that too***I bless and honor my parents***I'm all grown up now***an adult***and it is my life purpose***to create my life***to create my life not within their paradigm***not against their paradigm***but to create my life the way I choose***as I let go of their paradigm***I get to be free

Take a breath.

Tapping for Earliest Money Paradigm – Module 2 Positive Tapping

I honor and bless my parents paradigm***and I'm open to letting it go***all the way into the past***where it belongs***I am open to blessing it***and letting it lift***out of my nervous system*** lift up and out***I never wanted this wiring***I'm giving clear instructions to my unconscious mind***that this paradigm is not mine***it was never meant to be mine***and I'm letting it go***all the way into the distant past where it belongs***I am freeing myself***mind, body, and soul***of all of these beliefs and emotions***and these vows of loyalty***that are affecting my money***and as I do, I become free***I am now open***to a whole new money reality***I am open to money flowing easily***I am open to the idea that I'm more valuable than I realized***I am open and saying yes to money***I am open to working less and earning more***I am willing to give my best***and work less while earning more***my new paradigm is very different***I am open to ideas and strategies and inspiration***I am open to taking focused action***to create a new way in my money***I'm open to it being so easy***and I'm willing to do my part***I've come so far already***I've really come so far already***I'm open to manifesting money***in a completely new way***and I've already come so far***miracles are possible for me now***I am open to money coming easily***and I'm willing to give my best***I am open to working less and relaxing more***and I'm willing to give my best***I am open to taking action***on the perfect easy strategies***that will change my money picture forever***I am open to a new level of consciousness***earning, creating, and managing money***no one in my family was a million-dollar money manager***but I'm open to becoming one***a million-dollar money manager***I can grow myself into one***I am open to being the kind of wealthy

person***that I admire***I'm open to being wealthy and loving and kind and smart***every piece of this old paradigm is being shattered***and in its place, I am creating a whole new reality***piece by piece, step-by-step***a whole new reality***and I'm willing to do my part

Take a breath.

Financial Trauma – Module 3 Exercises

Do you have an event that when you look at your Debt or your Savings account specifically, you start thinking about something in the past that you could point to?

What is the title of your movie?

What's happening at the beginning of your movie? What are you doing and what are other people doing?

Let your movie progress to where problems started happening. What are other people around you doing?

How does the picture look now (after Tapping)?

How do YOU look?

What is the something that you did – some way of being that stopped you from really seeing what was happening?

How high is “I should have known better”? 0-10

Goal Trauma – Module 3

Exercises

Do you have an event in your past where you really wanted something big and something different. Something went terribly wrong and things didn't work out.

See the beginning of the movie with all your hope. What self-criticism are you already hearing?

Look at things starting to go wrong. What were other people doing?

See yourself at the point when things started to go wrong. What autopilot behaviors did you go into?

What would you say to your younger self?

Tapping for Financial Trauma – Module 3

Blaming Self

There I am in my movie***making all of the mistakes***there were a lot of other people involved***and maybe that one key person***but right now I'm blaming myself***I really should have known better***how stupid could I be***I should've known better***I should've seen it***I should have been smarter***I should have been stronger***how can I ever forgive myself***why would I ever forgive myself***the mistakes I made***that're still wrecking my finances***this old movie***I keep watching it***and I gave it a title***and it's right on***and I'm still paying the price***I can still see the impact***all the mistakes I made***a million things I should have done better***I totally judge myself***I was an idiot***I was weak***it's unforgivable***sure there are other people involved***trying to hurt me and wronged me***but I blame myself***and I should***I was an idiot***and I should've known better***I should've known better***I should have done it differently***and I've never let this go***and I will never let it go***I will never stop punishing myself***why should I***I still deserve to be punished***of course I do***and every time I look at my money***I remember this***and I beat myself up***and part of me says***I deserve everything I'm getting***I deserve the punishment in my money***I deserve it.

Take a breath.

Tapping for Financial Trauma – Module 3

Blaming Others

There they are***the one or many who wronged me***they really betrayed me***really screwed me over***and I didn't see it coming***maybe I trusted them***or I wanted to believe the best***or I was overwhelmed, over my head***they took advantage of me***they schemed***they stabbed me in the back***they stole***betrayed me***it's unforgivable what they did***and they never even acknowledged it***never validated what they did***never admitted it***it would be wrong to let this go***why should I let them off the hook***they've never even apologized***and they probably never will***I'm still so angry***so angry***and I should be***they took so much from me***they took so much***and they just took and took***and I'm still paying the price***it's so unfair***so unfair***so wrong***and I lost everything***and it's still costing me***I can still see the evidence***why should I let this go***I totally honor my anger***because it's honoring me***and everything I lost***everything I lost***all this anger and sadness***a well of grief***so much loss***no wonder I'm stressed about money***there's all this grief***all this hurt***all of this shock***I still can't believe it happened***I still ask why***why did this happen to me***I honor all of my feelings***because they are honoring me.

Take a breath.

Tapping for Financial Trauma – Module 3 Positive

There I am***so long ago***I was younger***there's no way***I could've really seen this coming***and when I started to know something was off***I went into an old pattern***out of fear***out of shock***out of confusion***and of course I didn't know***how could I know***the things that I know now***I didn't have the wisdom I have now***hard-earned wisdom***I'm just going to honor that***the truth is***it was incredibly hard***and it devastated my finances***and that was a pretty big punishment***it's time for me to feel deserving again***so I can shift all of the old evidence***that's showing up in my money***and the truth is***I learned so much from that***I am much wiser***much more clear***have much better boundaries***and I'm just going to honor that too***I honor who I was***and everything that happened to me***I honor my anger at the other people***and I'm open to letting it go for my highest good not theirs*** for my highest good***I deserve***to look at my finances***and see the amazing progress I'm making***I deserve that***to look at my finances and celebrate***for every positive step I take***I deserve to celebrate how far I've come.

Take a breath.

Tapping for Goal Trauma – Module 3

There I am***I was so naïve***and I worked so hard***and I really believed***I really believed it would happen for me***and I killed myself***I worked so hard***I sacrificed***maybe I made my loved ones sacrifice***they sacrificed too***and all for what?***it ended in disappointment***crushing disappointment***and I got to see***the worst in some people***they didn't support me***maybe they betrayed me***or undermined my efforts***or they just let me fail***they let me flounder***it was so painful***because I really believed***I stupidly believed***I believed in myself***I believed in possibility***I believed people in The Secret***and I believed that people would help me***and I was bitterly disappointed***crushed***failed***failed***all my dreams crushed***and as I look back***I still say to myself***I was so naïve***so stupid***clueless***and it still hurts***why would I ever want to get my hopes up again***no wonder I don't have the energy***to believe again***to dream big***why should I***I totally honor this trauma***it was traumatic***and ever since that day***I don't trust myself***I don't trust my instincts***I don't trust anyone***and I really don't trust God***since that day I'm jaded***maybe I hide it***but I'm skeptical***and when I look at other people dreaming big***I say to myself good luck***good luck***I totally honor that this is hard***I honor all of my feelings of loss***unfairness***sadness***disappointment***I could probably cry a week of tears***if I really let myself feel it***and I'm just going to honor that.

Take a breath.

Tapping for Goal Trauma – Module 3

There I am***I see it more clearly***all the mistakes I made***why did I keep trusting***why did I keep going***why did I listen to the wrong people***why did I let it happen***why didn't I get better advice***why didn't God support me***I made so many mistakes***I should've known better***I should've known better***I should've known better***I should've known better***I should've known better***how could I know better***how could I have known better***all this judgment***all this ruthless judgment***it's all my fault***all my fault***I deserve to feel bad***that's what I tell myself***I deserve to feel bad***I'll never trust myself again***I'll never trust anything again***I totally honor***all of this***the sadness***the loss***all the mistakes I made***and the truth is***that that event made me smarter*** made me a lot stronger***and gave me a lot of clarity***I'm just going to honor that too***I honor myself***and how hard this was for me.

Take a breath.

Outrageous Goals – Module 4

Exercise 1

Write down your monthly income goal (next couple of years). Take what you're making currently and add an amount that would make your life more fun. It might be another \$1,000 or \$2,000 a month.

What is your goal for your Savings account? It might be 6 months of living expenses or more.

Now write down, "it's impossible" and rate how true that feels on a scale of 1-10.

Double the above number!

How true is "it's impossible" now with that doubled number? 1-10.

"I can do it." 1-10

"I really want it." 1-10

"I don't know how to get there." 1-10

Outrageous Goals – Module 4

Exercise 2

Close your eyes and imagine that you're standing on a stage in front of a room full of people. You're holding a giant sign that has your goal on it (doubled or tripled income goal). You're saying "this is how much I deserve to get paid. I am totally worth it. I deserve it." How does that feel?

CELEBRATE PROGRESS!

What did you do today?

How did you celebrate it?

Who did you tell?

Six Key Triggers in Setting a Goal – Module 4

1. Your immediate belief of whether or not your goal is even remotely possible.
2. Your immediate identification of someone or something that you believe is in your way.
3. An immediate arising and experiencing of feelings and thoughts about a shortcoming you believe you have. Things you feel are missing in you and getting in the way of your success.
4. Your lack of time or energy that would make it difficult to imagine doing more or achieving more.
5. Having Debt. This can overwhelm everything and make you feel hopeless.
6. Immediate arising of a question: I don't know how to get there so how can this goal be possible?

Tapping for Outrageous Goals – Module 4

It's Impossible

There's my income number***I'm looking at it***and it really feels impossible***it's totally impossible***impossible for me***there's no way***that can happen***and I have a pretty open mind***but being honest***there's a part of me***that very skeptically says***no way***no way***no way that's possible***the truth is***that's impossible for me***and it would probably be really hard anyway***it would probably be exhausting***it would probably require so much sacrifice***it looks good on paper***but this goal is impossible***and that means***I could fail at it***If I accept this goal,***it's likely I might fail***be disappointed***and I don't want that***I have resistance against this goal***I have resistance against exactly this much money***it feels hard and impossible***and I know other people earn that much***sometimes very easily***but for me***impossible impossible impossible***and I have no idea how to make it happen***so how could it possibly work***it's impossible***and it feels really bad***depressing***disappointing***scary***too much pressure***this number with dollar signs***is really triggering me***it's impossible***no it isn't***yes it is***no it isn't

Take a breath. Look at the number again and say out loud “it's impossible.” and just see how true it feels now.

Tapping for Outrageous Goals – Module 4 Positive Round

There is my outrageous goal***Teri made me double it***Teri made me double it and there it is***it still feels a little bit impossible***but I am just going to be open***to all the ways***this can unfold for me***I honor my inner skeptic***in all the ways that will support me***I honor my smart analytical mind***and all the ways it supports me***but I also honor that I want this goal***and the goal wants me***I am being drawn and called***to earn this much money***it will require growth***a bit of a journey***and all sorts of crazy synchronicities***it will require inspired ideas***and actions***and co-creation with other people***and I am open to all of that unfolding***it's true I have no idea how to make it happen***I don't know every step right now***that's the truth***but I don't have to***I just need to be open***I am totally open to earning that much money***and curious about how it could unfold***I'm imagining what it would be like and look like***imagining***envisioning***opening***there is actually a million ways that could happen***there's actually a million ways that could happen***and I honor that too***I am open to inspired ideas***I am open to taking inspired actions***I am open to a rising feeling of enthusiasm***the energy I need to make this happen***and I'm open to it happening the easy way***yeah I said it***I'm open to it being growth***a journey***that unfolds beautifully***I love looking at this number***and everything it represents***I am open to earning exactly this much money

Take a breath.

Tapping for Outrageous Goals – Module 4

Exercise

I feel ashamed***I feel embarrassed***oh my gosh***I can't believe I showed that to everyone***and they're looking at me***and it doesn't feel good***it does not feel good***they're questioning me***and I'm questioning me***they're doubting me***I'm doubting me***how can I deserve to earn that much money***unless I'm working incredibly hard***so hard that I'm exhausted***I don't see how I could earn or deserve that much money***and I can see how people are looking at me***if they're looking at me this way when I say I deserve it***how would they feel about me***when I'm actually earning it***if I were to earn this much money***and people or my family found out***that wouldn't feel good***that would not feel good on many levels***I'm not sure I deserve it***and I'm afraid of how they'd look at me***I'm afraid of how people will see me***the people I'm used to being around***people like me***would judge me and reject me***this doesn't feel good***this is why***if I got close to earning that***I would unconsciously sabotage myself***to make sure***I don't ever have to feel this***I'm not sure I deserve it***and I'm quite sure***people will reject me***something about earning this much money***feels really bad***I'd have to keep it a secret***and I'd have to make sure***that I was overworking***over-giving***exhausting myself***or maybe even injuring myself***so that people don't judge me***so that people would say***she makes a lot of money but that poor woman***and I'd feel a little bit better***I think I would unconsciously sabotage myself***it doesn't feel right***to feel deserving***and okay with earning this much money***that's strange***it's illogical***but I totally honor it,***I honor all of this programming in me***it's old***it's limiting***and it's very, very specific***embarrassment about earning more***fear of rejection about earning more***needing to be secretive about earning more***I'm not sure I deserve to earn

more***I totally honor it***and I'm open to healing this***where-ever it sits***in my mind/body nervous system***where-ever it sits in my energy***where-ever it sits in my programming***I am breathing in light***honoring it and open to healing it***for my highest good***and for the highest good of my goal***for the highest good of everyone who will be positively impacted***by me earning that much money***I'm open to healing this***for the highest good.

Take a breath.