**Earth Night 2012 Tapping Script**

1. (Please take full responsibility as you tap along (as tapping hand to start)
2. Although I may not have always treated myself well…
3. I choose to unconditionally love and accept myself at all times.
4. And although I have previously allowed others to make some of the rules in my life,
5. I choose to take responsibility for the direction that my life is, and will be taking.
6. Some of these recent changes have caused me some stress and anxiety…,
7. Yet I continue to feel blessed to be living through this expansion.
8. I allow energetic changes in my body to happen gracefully.
9. I completely forgive myself and others for any transgressions…
10. …in this life or previous lives.
11. I continue to be gently aware of all energies and actions that no longer serving me on my journey.
12. I choose to gently release any and all wiring that no longer supports who I am or who I want to be.
13. I envision the Divine Light streaming into my body, bringing me the greatest good.
14. I am grateful for all the expansiveness that is happening to me today.
15. I welcome the upgrade my body is receiving energetically.
16. I am grateful to have more freedom and choices than ever before.
17. I am balanced and allow my body, mind, and spirit to move forward for my greatest good.
18. Every cell in my body is beautifully alive, healthy and happy and lights up.
19. More and more miracles are available to me every day!
20. And I make space for miracles to happen in my life.
21. In my heart I know everything for my greatest good is available to me.
22. I am grateful for the awareness of my expansive consciousness.
23. I am filled with appreciation for ALL the blessings in my life.
24. Each day I take conscious control of creating my life.
25. I know, I feel and I believe that I am worthy and valuable.
26. I am loved for who I am.
27. I am co-creating a beautiful world from my space of collective, embodied light.
28. The energies of love, peace and compassion manifest into actions in my new world.
29. I feel balanced communication with people and my environment.
30. I love this new space of balance, co-existence and co-creation.
31. I breathe this new awareness IN and OUT
32. I feel empowered with each breath.
33. I am in harmony with myself and with all Divine Beings.
34. My energetic body is changing—it’s now functioning even better than ever.
35. I am getting a gentle upgrade—
36. -some of which I don’t know yet, but I welcome.
37. I know that all of us here are creating many paths for expansion.
38. and I feel completely free to follow any path I CHOOSE or CREATE, for the greatest good.
39. Opportunities ***abound*** for me.
40. I get to choose whatever I want to do at this time.
41. I know, I believe and I feel that my expansion is part of the greatest good.
42. I am a compassionate being.
43. I am compassionate about myself and I am compassionate about others.
44. I am getting better each and every day.
45. I am lovable, worthy and valuable.
46. I am a self-supportive, vibrational being.
47. Sound and light are two ways to move energy in my body-- so I sing more.
48. I sing my healing—la, la, la, la, la—.
49. My voice is such an amazing healing tool!
50. Do, re, me, fa, sol, la, te, do.
51. I am happy—ahhhhhhhhhhhhhhhhhhhhhhhhh!
52. I allow feminine and masculine energy to emerge and balance within me.
53. New neural pathways that support me are rewiring in my Being and brain.
54. And although the wiring of Guilt may have directed me in the past,
55. I choose to direct my life from a place of LOVE from here forward.
56. and I allow myself to easily and gently release guilt.
57. Ahhhhhhhhhhhhhhhhhhhh, it feels so good to let guilt go.
58. ***Au revoir guilt! adios! sayonara!***
59. I am SO grateful to be at this amazing event with everyone here beside me!
60. I take care of my magnificent body by breathing deeply…
61. Ahhhhhhhhhhh, it feels so good to breathe deeply.
62. The oxygen cleanses my entire body, mind and spirit.
63. I am supported by the Universe as I move into this new expansive, loving energy.
64. Tonight when I sleep, I allow myself to gently and easily integrate what I learned today…
65. … and what my body is experiencing now.
66. I breathe and release and allow myself to relax.
67. I am centered in my heart and high heart.
68. I am sharing energy from my heart and high heart RIGHT NOW.
69. I can feel the heart energy shared back to me from others.
70. I trust myself more and more each day.
71. I choose to find the happiness inside of me…
72. and I see happiness reflected in the World around me.
73. I am transforming in easy, yet miraculous ways.
74. My new alignment allows me to co-create on a completely new level.
75. I am conscious of my thoughts and actions…
76. …and am making sure they are in alignment with my true intentions for the world I want to create.
77. I treat myself with kindness, compassion and love as I boldly go forward.
78. I co-create the miracles that occur in my body and in my life.
79. I am ***SO*** ***GRATEFUL*** to be here at this, loving Earth Night gathering!
80. I celebrate who I am and who I am becoming.
81. I celebrate being in a body now.
82. I celebrate each and every Being who is here today, on this journey with me!
83. I am grateful to be with each of you now.
84. Thank you, thank you, THANK YOU! (13:20)