



Tapping For Regulated Wealth

A beautiful body-based practice to regulate your nervous system, open your receiving channels, and anchor the energy of Raining Money + Wealth Activation. You can return to this Tapping practice anytime you feel the wobble... Anytime you want to soften into receiving...Anytime you're ready to regulate, embody, and return to your truth.

Before You Begin

Take a moment to pause. Place one hand over your heart. Breathe in through your nose. Let it out slowly through your mouth.

And if it feels good, allow a little smile to soften your face.

You're safe. You're held. You're allowed to receive.

This practice is designed to help you calm your nervous system, clear resistance, and call in the frequency of overflow, so make sure to take it slowly, no rush.

Let it be gentle. Let it be yours.

How to Tap

We'll tap through these points using your first and second fingertips:

1. Karate Chop (outside of hands together)
2. Top of Head
3. Eyebrow
4. Side of Eye
5. Under Eye
6. Under Nose
7. Chin
8. Collarbone
9. Underarm

10. Wrists (tapping the insides together)
We'll repeat the sequence three times, then close with a hand on heart.
You can speak these words aloud or in your mind as you tap.

Round 1 – Releasing Resistance + Calming the Body

Karate Chop: Even though part of me doesn't feel safe receiving more, I honour that.
And I open to the possibility that it gets to be safe now.

Top of Head: I've carried stories about money that were never mine.

Eyebrow: Fear, doubt, pressure... I see them.

Side Eye: And I allow them to soften now.

Under Eye: I release the old beliefs that say it has to be hard.

Under Nose: I let go of the pressure to control how it comes.

Chin: I forgive myself for any part of me that bought into lack.

Collarbone: I forgive my past. I breathe into my power.

Underarm: I'm safe in this moment.

Wrists: I am supported. I am loved.

Round 2 – Anchoring New Beliefs + Stepping Into Receiving

Top of Head: I open to new levels of receiving. I open to overflow.

I am allowed to have more.

Eyebrow: I surrender the how.

Side Eye: I trust that money knows how to find me.

Under Eye: I let it be easy.

Under Nose: I let it feel good.

Chin: I am magnetic to aligned wealth.

Collarbone: I am worthy of every desire on my heart.

Underarm: Money is safe with me.

Wrists: My energy is a match for more.

Round 3 – Embodying the Wealth Frequency

Top of Head: I am the woman who receives.

I walk in the frequency of overflow.

Eyebrow: I reign in wealth with ease and grace.

Side Eye: My body knows how to hold more.

Under Eye: I calibrate to my next level with softness.

Under Nose: I choose to feel safe, worthy, and supported.

Chin: I am rich, sexy, and free.

Collarbone: I honour the wealth I already hold.

Underarm: And I welcome all that is on its way.

Wrists: I let the money rain.

Closing

Place your hand on your heart. Take a slow, full breath in. Exhale gently.

Smile if it feels good.

Say to yourself:

I am safe. I am ready. I am open.

*****Drink plenty of water when you are done and treat this like a massage for the nervous system. *****