

MBB Wealth Multiplier #2: Deserve Reserve

BRAD: Now we have a green light.

JOE: All right. Joe Vitale here. Welcome to part 2 in our teleseminar series called “Money Beyond Belief,” and I overheard a few people talking before we actually got started, and they’ve already had some major shifts taking place from the other day. I overheard somebody say they were unemployed for two years and, all of a sudden, after last Wednesday’s call, our first in this two-part series, she was being called back to work out of the blue, out of nowhere, totally unexpectedly. And there are some other stories that are circulating. I think at some point when we put up a website, it’ll be www.moneybeyondbelief.com, we’ll have to put the stories there and all the ones that we’re accumulating. So that was only after one call. And I know personally, I’m looking forward to this because a lot of things came up for me, Brad.

BRAD: Ah ha.

JOE: And I think that they probably did for a lot of other people, which is one reason that I want to point out that we have to – I don’t know if we *have* to – but we are invited to repeatedly listen to these calls. We’re recording them so that people can go back and replay them. But I think other things may come up for us – you know – as we clear one thing, something else that was hiding underneath it may bubble up.

BRAD: Absolutely.

JOE: For example, for me in just the past couple days, I had a lot of bills come in, which is no big deal – I mean, I got the money – I’ll pay for them and everything – but I noticed that I was feeling a little bit uncomfortable about it. And I was wondering, “Now what’s going on here?” And I think as we’ve been clearing beliefs, some deeper ones surface that are my opportunity to clear them now. So they were just kind of standing up and saying, “We’re next.”

BRAD: Yeah.

JOE: So I think that this is kind of a message for all of us, no matter where you’re at, no matter what took place for you after the first part of the teleseminar series here on “Money Beyond Belief,” that we want to go back and continuously listen to the recordings – but more importantly – tap away anything and everything that comes up, as it comes up. Am I on track there, Brad? Would you agree with that?

BRAD: I would absolutely agree. Any issue that we have tends to have different aspects to it. So each time we go through and tap through it again – and this is what I’ve said with my etappings – the electronic audio tappings that I have online already – is that you can listen to it over and over again and different issues will come up. EFT works like peeling the layers of an onion. So each time you clear something, something deeper gets brought up. I mean – it often happens that the time that you tap through it, everything gets cleared – certain issues will be cleared. EFT always works, but a lot of times it will bring up other issues. You can go back and listen to the same recording, and even though the first time through you’ve cleared specific things, it’ll bring up something else to be cleared as well.

JOE: Yeah. Well, I’m glad that we’re doing that, and I’m glad that we’re recording this. I’m inviting everybody – once the recordings are done – to go back and listen to all of this. But more importantly, as anything comes up – to use what you’re learning to release it – to clear it. That’s what this is all about. And the whole point is to clear the things that are in the way of you having, doing and being what you really want. In this case, we’re specifically focused on money. We want money beyond belief. That’s what this is all about. So, we’ve done part 1, Brad, and we’re going to do part 2 tonight. And just like the other day, I’m basically putting myself in your hands – so is everybody else. So I’m just going to step aside, give you the mike, and say, “The show’s yours.”

BRAD: Excellent. Thank you very much, Joe. And fortunately, you’re not so much in my hands as something bigger than me. I’m very blessed in the work that I do that I’m guided. So, once I get started tapping, I never know what’s coming up because there’s a greater intelligence than mine that’s working through me. So, while I certainly enjoy all the compliments that I’ve basked in, my ego comes out of it because it’s not me. So let’s see where we go today. As I mentioned the other day, on Wednesday, we were talking about limiting beliefs about money – those beliefs that we’ve held onto that money wasn’t good, that people who had money were greedy, and all these limiting things that made us think that money was not okay to have because we didn’t want to be

bad people, so we didn't want to have it. And the ideal is that a lot of that got cleared on Wednesday. So today we're going to turn the focus in on ourselves, which is why I expect today to be even more powerful. There're a lot of beliefs that we have about ourselves in terms of money. Even if we thought that money was absolutely wonderful, and we thought the world of people who are rich, there might be beliefs that we have about ourselves that say why we can't have it – I'm not deserving; I don't work hard enough; I'm not smart enough; I'm too lazy. And these are lies. They're just beliefs. They're things that we decided about ourselves years ago based on some traumatic incident, or maybe it wasn't even that traumatic. But we're carrying on living our lives based on decisions that we made as small children. Now, most of us wouldn't make too many decisions in our life nowadays based on the advice of a very small child, and yet that's how most of us are living. We're going about with these ideas that we decided upon at a very young age.

For those of you who were not on the call Wednesday and have not had a chance to be at the website, I'm going to quickly review the tapping points so that you have some familiarity with it. I'm not going to give the whole lecture about EFT and the history and the foundation of it. That can all be found on my website at www.bradyates.net, and you can find out all the basic information about EFT and see the points. If you have a computer up, you can even go to that and see the picture of the tapping points. But I'm going to review them right now. The first point we'll tap is on the side of the hand. If you were going to karate chop somebody, that's the edge of the hand that you would hit them with. Geez, how funny that I should use a violent image while doing this. Okay, beyond that, the knife-edge of the hand, just below the pinkie, between the pinkie and the wrist, and you'll be tapping with two fingers of the opposite hand. Generally we do the tapping with our dominant hand, and you can do either hand and either side of the body because the meridians that we're using run up and down both sides of the body. This is the energy that flows through us, that gets disrupted when we have a negative emotion or a negative limiting belief. So we'll be tapping first on the side of the hand, and that'll be through the first part of what I call the setup of EFT. And then when we start the actual tapping, the first point we're going to tap is the eyebrow point – and that's right there at the beginning of the eyebrow, closest in to the middle of the face. The next point will be the side of the eye, right on the edge of the eye socket, on the outside edge of the eye. The next point will be under the eye, and this is on top of the cheekbone – right, again, at the edge of the eye socket, directly under the middle of the eye. The next point will be right under the nose. The next point is under the mouth, right between the lower lip and the chin. Then the collarbone point – and the easiest way to get the collarbone point is to feel with your fingers right now and find your collarbones and feel in towards the middle. You'll find that little u-shape, right in between where the collarbones come together. Make a fist or an open hand and tap over that area, so that you tap over the top of both ends of the collarbone. And that tends to be a very key point for a lot of people. The next point is under the arm. It's about four inches down from the armpit. The best way to do this is to use all four fingers to get a larger area, right under there. And then the last point we're going to tap is on the top of your head. This is right about where someone would wear a beanie cap or a yarmulke. And just take all five fingers and tap around in a circle at the top of your head. There are other points in EFT. On my website you'll see finger points. There are other practitioners who use the wrists and inside the ankles. There are tons of meridian points on the body that can be tapped. With basic EFT, these are the points that we're going to be tapping on.

So, with that being said, the first one I want to go into is what tends to be the most crucial limiting belief for people on almost any issue they have. I've worked with a couple of clients today already on this issue. And this is the belief that I am not worthy or I am not good enough or I am not deserving. And it tends to hit a lot of people in a lot of different areas in their life, but particularly around money. So what I'm going to have you do is repeat after me. I'll tell you what point to tap on, and then I'll give you the words to repeat. And the more you repeat them with enthusiasm, the better. If, during the tapping, emotions come up – because as Joe said, things get cleared and other things come up – and sometimes the emotions that come up are more troubling than what we thought we were experiencing already – my recommendation to you is to keep tapping and clearing it. Keep doing the clearing work. So, tapping on the side of the hand – tapping on the side of the hand:

(Side of the Hand) Even though I don't think I'm deserving,
I deeply and completely love and accept myself,

I'm going to throw in one more instruction here: When you're working with EFT, one of the best ways to find out how it's working for you is to get a level on what kind of discomfort you're experiencing. So one of the ways to do this is – if you're experiencing a physical pain, for instance, when I say, "I'm not deserving," and I'll have you say that – and say that out loud right now, "I'm not deserving."

PEOPLE: I'm not deserving.

BRAD: Notice when you say, "I'm not deserving," what kind of discomfort comes up. If you have a feeling of, "Yes, that's definitely true," on a scale of 0-10, how true is it? Also notice if there's a physical discomfort that comes up. You may feel a tightness in some part of your body or a sense of nausea in your stomach. Rate the level of discomfort, so that as we go through the tapping, you can see how the SUDS level (subjective units of discomfort) – you can see how that comes down, and you can see that the relief is happening. So, again, tapping on the side of the hand:

(Side of the Hand) Even though I'm not deserving,
I deeply and completely love and accept myself,
Even though I'm not deserving,
I deeply and completely love and forgive myself,
Even though I'm not deserving,
And I have this desire,
To have a lot of money,
To have money beyond belief,
There's a part of me,
That says,
"You don't deserve that,
You can't have that abundance,
Who are you to ask for abundance?
Who are you to ask for a lot of money?
Who are you to think you can have a lot of money?
You've already got more than you deserve,"
There may be a part of me,
That's saying,
"You don't deserve what you've already got,
And now that you've asked for more,
I'm going to cause you to lose more,"
That part of me is scared,
And that part of me,
Has some old belief,
That I'm not deserving,
And what I choose to know,
Is that that's rubbish!
If I wasn't deserving,
I wouldn't be here,
The Universe did not make a mistake,
By creating me,
And the Universe has unlimited abundance,
And I am just as welcome to it,
And just as deserving of it,
As anyone else,
So I choose to release,
This idea,
That I am not worthy and deserving,
And I choose to acknowledge the truth,
That I am absolutely worthy and deserving,
Of money beyond belief,
And even though I don't think I'm deserving,
I deeply and completely,
Love and forgive and accept myself,
And anyone else,
Who has ever given me that idea,
And made me question my worthiness,
They were doing the best they could,

(Eyebrow Point) This thought that I'm not worthy,
(Side of the Eye) I don't deserve a lot of money,

(Under the Eye) I don't deserve a lot of money,
(Under the Nose) I don't deserve a lot of money,
(Under the Mouth) I don't deserve a lot of money,
(CollarBone Point) I'm not sure I deserve what I've got,
(Under the Arm) I don't feel deserving,
(Top of Head) Chances are,

(EB) Years ago,
(SE) Maybe when I was a small child,
(UE) Maybe even as an infant,
(UN) Something happened,
(UM) And I made it mean something about me,
(CB) I made a decision,
(UA) That I wasn't worthy,
(TH) That I wasn't deserving,

(EB) Maybe I saw things,
(SE) Like my family not having much money,
(UE) And so I made the decision,
(UN) That people in my family,
(UM) Didn't deserve money,
(CB) My family doesn't deserve money,
(UA) Maybe I let that mean something,
(TH) About an even larger group,

(EB) My whole family,
(SE) My whole race,
(UE) Every member of my religion,
(UN) Who knows who I thought that about?
(UM) Maybe I decided,
(CB) That nobody deserves a lot of money,
(UA) No one deserves a lot of money,
(TH) Least of all me,

(EB) I am so undeserving,
(SE) And as undeserving as everybody else is,
(UE) I'm even less deserving!
(UN) I am the most undeserving person,
(UM) On the face of the planet,
(CB) How dare I ask for more?
(UA) How dare I think I could have more?
(TH) Chances are,

(EB) As undeserving as everyone may be,
(SE) They deserve it more than I do,
(UE) I can't ask for more money,
(UN) Someone else deserves it more,
(UM) Maybe everyone deserves it more,
(CB) Maybe I can see,
(UA) That this is rubbish,
(TH) I'm a child of the Universe,

(EB) The Universe has unlimited abundance,
(SE) The truth is,
(UE) There's more than enough,
(UN) And I am just as deserving as anyone,
(UM) What I choose to see,
(CB) Is that we're all deserving,

(UA) Everyone is equally deserving,
(TH) People may behave in a way,

(EB) That doesn't attract abundance,
(SE) I choose to not be one of them,
(UE) But as long as I think,
(UN) That I don't deserve abundance,
(UM) It's not likely to show up,
(CB) Any time something good comes to me,
(UA) I look at the Universe,
(TH) And say, "Oh, you shouldn't have,

(EB) You really shouldn't have,
(SE) I'm not deserving of this,"
(UE) And the Universe listens to me,
(UN) And gives it to someone who is welcome to it,
(UM) Somebody who will allow it,
(CB) The abundance is there for me,
(UA) It's got my name on it,
(TH) Because I deserve it,

(EB) But I'm not allowing it,
(SE) Because of this old belief,
(UE) That I don't deserve it,
(UN) I'm so undeserving,
(UM) I'm not worthy!
(CB) I'm not worthy of all the good that's there for me,
(UA) And the more I tap,
(TH) And the more I say it,

(EB) The more ridiculous it sounds,
(SE) And I'll tap again and again,
(UE) Until I recognize,
(UN) Just how silly a statement it is.
(UM) That I'm not deserving of money,
(CB) How could I not be?
(UA) I've got other beliefs about myself,
(TH) About why I don't have money,

(EB) And I'll tap on those too,
(SE) But inherently,
(UE) As a child of the Universe,
(UN) I was born worthy and deserving,
(UM) I was born worthy and deserving of abundance,
(CB) And as far as the Universe is concerned,
(UA) That has never changed,
(TH) Only my decision about that,

(EB) I'm letting go of the decision,
(SE) This old idea that I'm not worthy,
(UE) This old lie that I don't deserve money,
(UN) This old lie,
(UM) That I only deserve so much,
(CB) I deserve as much as I can get,
(UA) And since the Universe is unlimited,
(TH) As far as the Universe is concerned,

(EB) There's no limit to what I can have,

(SE) If I want to be a trillionaire,
(UE) The truth is,
(UN) That's okay with the Universe
(UM) The Universe would be happy to deliver,
(CB) Because the Universe knows,
(UA) That I am worthy and deserving,
(TH) I am worthy and deserving of all abundance,

(EB) I know that I am worthy and deserving,
(SE) I feel it in every part of me,
(UE) It feels good!
(UN) It feels great!
(UM) Knowing that I'm worthy and deserving of great wealth,
(CB) And as I acknowledge that,
(UA) It feels good for the Universe too,
(TH) Joyfully and gratefully acknowledging my worthiness.

And take a deep breath!

BRAD: And just check in with yourself and see how you're feeling. And ask yourself if it wouldn't help to start each day reminding yourself like that – that you're worthy and deserving of all good things that can come that day. And since the Universe has unlimited abundance, it is fine with the Universe for you to attract great wealth each and every day, because the Universe knows that you are worthy and deserving. As a creation of the Universe, how could you be any less? And the funny thing is, we'll come up with a lot of excuses – and we'll tap on some of those – but most of the excuses came up later in life from decisions that we made about ourselves that have nothing to do with our inherent worthiness that was there when we were born.

JOE: Brad.

BRAD: Yes sir.

JOE: That was beautiful.

BRAD: Thank you.

JOE: Very freeing, very cleansing, very liberating, very empowering. That was very, very beautiful. I have a question for you.

BRAD: Yes, sir.

JOE: And this is going to be useful to everybody listening at some point, because I know the question will come up for them at some point if it isn't already there. When you do this, and you guide us through this releasing, we begin with a belief, a thought – and in this particular one, it was about deservingness. But as you lead us through the process of tapping and releasing, you come up with a lot of other phrases that are tangent – they're almost like branches to that beginning tree thought. Now, when we're doing this on our own, how do we come up with those? Can we just use one belief we're trying to release and just go through it a few times, or what are your Cliffs Notes education on how to do this on our own once we're off the call?

BRAD: Yeah, excellent question. And this is why I first came up with etappings, because people often say to me, "I don't know what words to say." And honestly, I don't know what words to say either. As I said, this is a very intuitive thing for me. And this has happened to me over the years. I've been doing EFT for several years now. And the basic form of EFT...

JOE: I'm going to mute myself so you can answer and noise won't be there.

BRAD: Okay. The basic EFT is you just take the belief of say, "I'm not worthy," and you would tap on the side of the hand, "Even though I'm not worthy, I deeply and completely accept myself." And you would repeat that three times, and then tap each of the points, "This belief that I'm not worthy;" "This belief that I'm not worthy;" "This belief that I'm not worthy." And that's going to clear a lot. Now, when I'm going through it, I just start to get ideas

of things that contribute to that belief, and sometimes it's totally off on another tangent because I'm picking up some kind of information. And again, that's just an intuitive thing that has built as I've allowed myself to get out of the way. So it just takes practice. But you can do a lot with EFT with just using the basic words. Just the basic technical framework of EFT – of tapping on the points – can be very freeing as you balance out your energy in terms of what's going on. So do not be afraid to use it, even though you think, "I don't know how to come up with these words." Okay? So let's go to another belief about ourselves. Side of the hand – and this is very much like the worthy and deserving, but it's a slightly different take on it.

(Side of the Hand) Even though I'm not good enough,
I deeply and completely love and accept myself,
Even though I'm not good enough to get money,
I deeply and completely love and forgive myself,
Even though I'm not good enough to get a lot of money,
I'm not smart enough,
I'm not talented enough,
I'm not pretty enough,
I'm not young enough,
I'm not old enough,
I'm too short,
I'm too tall,
I am so intent upon this,
That I can come up,
With a million excuses,
About why I'm not good enough to have money,
And what really ticks me off,
Is that I can go around,
And I can see people,
Who are shorter than I am,
Or taller than I am,
Or less pretty than I am,
Or less smart than I am,
And they've got lots of money!
Who the hell do they think they are!
Oh, it's so aggravating,
Because years ago,
I made a decision,
That I wasn't good enough,
To get lots of money,
Among other good things,
And being a human being,
I love to be right!
I'd rather be right than happy,
So there've been plenty of opportunities in life,
To get good stuff,
Like lots of money,
But I've proven myself right,
About not being good enough to have money,
And the funny thing is,
The money didn't care,
The Universe didn't care,
The only one saying,
That I wasn't good enough,
Was me,
So I choose to knock that off now,
I am plenty good enough,
To have lots of money,
And even though I've had this belief,
That I'm not good enough to have lots of money,
I deeply and completely,

Love and forgive and accept myself,
And anyone in my past,
Who may have supported this belief,
They were just as mistaken as I was,

(Eyebrow Point) This idea that I'm not good enough,
(Side of the Eye) I'm not good enough to have lots of money,
(Under the Eye) I'm not good enough to have lots of money,
(Under the Nose) I'm not good enough to have lots of money,
(Under the Mouth) I'm not smart enough,
(CollarBone Point) I don't work hard enough,
(Under the Arm) I'm not talented enough,
(Top of Head) I'm not nice enough,

(EB) Because only nice people get money,
(SE) Truth is,
(UE) Money doesn't care,
(UN) It's just energy,
(UM) It'll show up in the hands,
(CB) Of anyone who's open to it,
(UA) It doesn't matter how nice they are,
(TH) It doesn't matter how tall they are,

(EB) It doesn't matter how pretty they are,
(SE) The truth is,
(UE) There're lots of people.
(UN) With lots of money,
(UM) Who aren't as good as I am,
(CB) Based on my judgments,
(UA) But money knows,
(TH) That they are plenty good enough,

(EB) Money knows,
(SE) That I am plenty good enough,
(UE) There are lots of people out there,
(UN) Who could look at me,
(UM) And say,
(CB) "You are plenty good enough to have lots of money,"
(UA) It's even possible,
(TH) That people have said that to me,

(EB) But I made a decision,
(SE) Years ago,
(UE) For some reason or another,
(UN) Maybe for a lot of reasons,
(UM) That I wasn't good enough,
(CB) To have lots of money,
(UA) I may have decided I was too lazy,
(TH) Maybe a parent told me that,

(EB) And I decided they were right,
(SE) And I've gone to great lengths,
(UE) To prove that I was lazy,
(UN) I have worked really hard,
(UM) At being lazy,
(CB) Doesn't make much sense,
(UA) But that's how my mind's been working,
(TH) I have worked overtime,

(EB) To prove that I'm right,
(SE) That I'm not good enough,
(UE) What a wasted effort,
(UN) 'Cuz the truth is,
(UM) I'm plenty good enough,
(CB) I have God-given gifts and talents,
(UA) And they have value,
(TH) They are good,

(EB) I am good,
(SE) I am more than good enough,
(UE) To be worthy of a great deal of money,
(UN) I've tried so hard,
(UM) To prove that I'm right,
(CB) About not being good enough,
(UA) Sometimes,
(TH) The way that I've sabotaged myself,

(EB) Has been very obvious,
(SE) Sometimes,
(UE) I've unconsciously created circumstances,
(UN) Where I come out at the end,
(UM) And I say to myself,
(CB) "See, I wasn't good enough,
(UA) I'm right again,
(TH) I'm not happy,

(EB) But at least I'm right!"
(SE) There's only one problem,
(UE) I'm neither,
(UN) Not only am I not happy,
(UM) I'm not even right,
(CB) I'm not right about not being good enough,
(UA) I was born good enough,
(TH) There are plenty of people out there,

(EB) With apparent deficiencies,
(SE) With perceived handicaps,
(UE) Who have no belief,
(UN) That they aren't good enough,
(UM) And they allow great abundance,
(CB) This idea,
(UA) That I'm not good enough,
(TH) Is just a belief,

(EB) As false,
(SE) As the old belief,
(UE) That the world is flat,
(UN) I got news for myself,
(UM) The world is round,
(CB) And I am more than good enough,
(UA) The only person who's ever really believed it,
(TH) That I wasn't good enough,

(EB) Was me,
(SE) And if anyone else,
(UE) Like a parent or a teacher,
(UN) Had this belief about me,
(UM) They were mistaken,

(CB) And they're welcome to their belief,
(UA) Because their belief,
(TH) Has no more power in my life,

(EB) Money doesn't care what other people think,
(SE) It only cares what I think,
(UE) If I say I'm not good enough for it,
(UN) It'll keep its distance,
(UM) Isn't that nice of money?
(CB) How considerate,
(UA) If I accept the truth,
(TH) That I was born good enough,

(EB) I am welcome to all the money I can get,
(SE) And God only knows what that limit is,
(UE) Or if there even is one,
(UN) I choose to know,
(UM) That I am good enough,
(CB) Letting go of that old decision,
(UA) Knowing that I am good enough,
(TH) Knowing it so deeply,

(EB) That I unconsciously,
(SE) Create circumstances,
(UE) To prove myself right,
(UN) And then I get to be right,
(UM) And happy!
(CB) It's a win-win situation,
(UA) I love win-win situations,
(TH) Truth is,

(EB) It's a win-win-win situation,
(SE) Because as I win,
(UE) Other people win,
(UN) As I acknowledge my worthiness,
(UM) I give other people permission to do the same,
(CB) If I say I'm not good enough,
(UA) I'm likely to say that to other people too,
(TH) I'm likely to think that other people aren't good enough,

(EB) I've probably done that,
(SE) I've probably looked at rich people in the media,
(UE) And said, "They're not good enough to have money,"
(UN) Begrudge not,
(UM) Lest ye be begrudged,
(CB) I choose not to begrudge anyone their wealth,
(UA) I choose to know,
(TH) That they are good enough,

(EB) And there's plenty for them,
(SE) And that doesn't take away from me,
(UE) Because I'm good enough,
(UN) And there's plenty for me,
(UM) And I can look at everyone else,
(CB) And I can say with a smile on my face,
(UA) "You too are good enough,
(TH) And there's more than enough for all of us."

(EB) I am good enough to have lots of money,

(SE) I have enough talent,
(UE) As far as the Universe is concerned,
(UN) I am pretty enough,
(UM) I'm just the right size,
(CB) I'm just the right height,
(UA) I'm just the right age,
(TH) I'm good enough today,

(EB) I'll be good enough tomorrow,
(SE) In fact, I'm more than good enough,
(UE) And the truth is,
(UN) I always have been,
(UM) And I always will be,
(CB) And even though I have some anger,
(UA) At people who've said otherwise,
(TH) People who told me I wasn't good enough,

(EB) I choose to recognize,
(SE) That came from their own pain,
(UE) Their own limiting beliefs,
(UN) Because I know,
(UM) That as I acknowledge that I'm good enough,
(CB) I can tell other people,
(UA) That they're good enough,
(TH) Anyone who ever told me,

(EB) That I wasn't good enough,
(SE) Only said that,
(UE) Because they were afraid they weren't good enough,
(UN) They were afraid they weren't good enough,
(UM) I have all this anger about that,
(CB) But I'm releasing it now,
(UA) Releasing the power they had over me,
(TH) Forgiving them,

(EB) And forgiving myself,
(SE) For ever having believed them.
(UE) I forgive myself,
(UN) For this low opinion I had of myself,
(UM) And I deserve that forgiveness,
(CB) Because, darn it, I'm good enough,
(UA) I am more than good enough,
(TH) Joyfully and gratefully acknowledging that I'm more than good enough.

And take a deep breath!

BRAD: Just sort of check in with yourself again and see how you're feeling about yourself and about whether or not you're good enough to have money. Pssst – the answer is, “Yes, you are!” If there're thoughts or comments or questions about that, let me know.

JOE: I have a thought, question, comment. First of all, I heard somebody giggle when you said that we deserve money or can allow it, and I thought that was a nice little confirmation. They were like a little kid taking in a new programming and welcoming it.

BRAD: Yeah.

JOE: Comment from me is we are quickly running out of time, and we want to honor everybody's schedule. So, we know that they can listen to these again because we are recording them. We will put them up at www.moneybeyondbelief.com. What about some lists of beliefs to help people have things to tap on? I know in

my book “The Attractor Factor,” there are some beliefs on page 105, and there are some beliefs on page 109 that people can use to get going. But do you have some on www.bradyates.net or somewhere else that you suggest?

BRAD: I don't have a list specifically on my website. And very often.....

JOE: Maybe there are some you can list now.

BRAD: Yeah – like you just mentioned, the list that you have in “The Attractor Factor” is great. There are some great limiting beliefs in there. Any of the thoughts that you have when you ask yourself if you're good enough to have money – how you feel about yourself in terms of money – chances are, anyone will come up with certain lists of: “I'm not smart enough to handle it;” “I don't know how to keep it” – things like, “I'm lazy,” and some of the things I've already mentioned. I try to cover a lot of those in there. So, we all have basic beliefs like that. And as you go through – one of the great things about EFT is – “shift happens.” So as you're tapping on, “I'm not good enough,” chances are that for some of you some other thoughts came up about what excuses you've given as to why you're not good enough – and they're just excuses. There's no truth to them whatsoever, except to the extent that you keep trying to prove them. So as you tap through, you can take the very basic language of, “I'm not good enough,” or any limiting belief that you can identify quickly and easily about money and tap on that, and just pay attention. And the other thoughts will come up. They may become conscious or you might just clear them without even knowing what they are. You'll just feel lighter. You'll have that giddiness. Very often, as I said earlier on one of the rounds of tapping, as you tap through some of these limiting beliefs, they just start to sound funny. Some of the things that I've tapped with on people that they had felt were traumatic for 40 years maybe – they now look and go, “It's kind of funny now. It's just funny to say about myself,” because they are silly. They are comedies. Gary Craig always uses that expression – they are just comedies about ourselves – and we get to the point where we laugh at them.

JOE: I also know from personal experience that when you release these beliefs, sometimes you forget them entirely – like they are gone from your memory. You can't even remember what the beliefs were. They are just totally released. They are not longer information or even entertainment. They're just gone.

BRAD: Yeah. There's no recall about it at all. It's just as though it is completely deleted from your memory system.

JOE: Let me ask you a different kind of question. This is spontaneous here, so it may be appropriate or not, but let's go with it.

BRAD: Absolutely,

JOE: How do you recognize a belief?

BRAD: How do you recognize a belief? This can be a whole doctorate.

JOE: Yeah – like a whole dissertation at least! I'm going to get another doctorate in this whole thesis on how do you recognize a belief! Well, it just came to mind. I think what I'm looking for – for the purpose of this call – is I've noticed that a lot of people, myself included, will in conversation be saying something that is ultimately a belief – and even a limiting one and a negative one – but not recognize it in that moment. So what I think I'm asking is, how do we recognize the limiting belief so that we can tap it away?

BRAD: Yeah. One of the ways is to be very conscious of your language. It's always amazing to me – with myself as well – but I tend to catch it in others more easily, which is always true about ourselves. The things that we say, and you might, if you have a spouse or a good friend or someone, ask them to be your partner in this and to listen to you. And when you make comments like, “Yeah, that never happens for me,” or things like that – we throw these beliefs out there all the time, and each time we do it, we make them more firm – we give more energy to that belief. And any kind of limiting belief about ourselves – they're just statements that we make about ourselves: “I never win the lottery;” “I never get lucky in this;” “I never get the right job;” “Good things never happen to me.” And we won't necessarily have this list of, “These are my beliefs about myself – there it is – number 3,” but it'll come up in our languaging. And if you pay attention – and it's especially helpful if you can get somebody else to say, “Hey, you just did it again.” – “Just did what?” - “Well you just made that limiting comment about yourself.” For a long time for me, it was self-deprecating humor. I thought I was so funny making jokes at

my expense, and it was very clear – it's like I'm just voicing limiting beliefs about myself, but trying to be very clever and witty about it.

JOE: One thing that I've done – and I mention it in “The Attractor Factor,” but it's worth highlighting for a moment – is whenever something happens and I give it meaning – how do I explain it – whenever something happens and I suddenly feel unhappy about it – the unhappiness can be in any form – it could be anger – it could be frustration – it could be irritation – it could be impatience – any of those emotions that are other than just smiling and being happy and being neutral about it. So when something takes place and my trigger happens and suddenly I'm impatient or whatever it happens to be, I ask myself, “What does this event mean to me?”

BRAD: Absolutely.

JOE: Because I then voice – at least in my own head – what I think the belief is. You know – a common one is if somebody gets a flat tire, they could say, “Something bad always happens to me.” There's your belief.

BRAD: Absolutely. It's what it means about you. Exactly.

JOE: Yeah, it's yours and yours alone. Other people may have the belief, or it may have some other people that will share in it, but what we're looking for are yours, just as I'm looking for my own. When we find it, that's the thing we want to tap on.

BRAD: Yeah. Anything that upsets you is because you're making it mean something about you. And very often, it will be supporting something that you already believe about yourself. Human beings are amazing at this. Something can happen that has nothing to do with us, and we'll have a negative belief about ourselves and go, “See – look at that! It just supports what I knew about myself already.” It's like – this means nothing about you! It has no meaning about you whatsoever. So we can try to catch ourselves doing that. Whenever you're upset about something, look at what the meaning is, because human beings are meaning-making machines. We always make it mean something about us, and that meaning is the limiting belief that we have about ourselves.

JOE: Beautiful.

BRAD: I wanted to comment quickly on something – a question that someone had asked about timing. For some of the folks on the line, things have been happening really quickly, and for others it's not going to happen quite as quickly. And the question is – is that a question of there's more to clear or is it just a matter of God's delays are not God's denials? So, God's delays are not God's denials. Sometimes God's timing is a little bit different. Very often, what it is if things aren't showing up – it just means there's more to clear. And that's not something to get upset about yourselves for. It's not a question of, “Oh geez, I'm not rich yet. I obviously have more wrong with me. I have to do more tappings.” My thought about that is to say, “Humm, that's interesting. There's still something I haven't cleared yet. I'll get back to work on it.” Just find it interesting. It's all a process. We're all a work in progress.

JOE: That's great. I know there's a lot of information at your site, www.bradyates.net, and so that can be a resource. Where do we go from here because we're down to the wire, Brad?

BRAD: Well, I'd like to close out with a quick guided imagery like I did on Wednesday.

JOE: Beautiful. Beautiful.

BRAD: And after that, you folks know how to get Joe's book, “Attractor Factor,” which has a lot of great information about this, and just using EFT to continue as that step 3 – the clearing process – and again, there's a lot of information on EFT – how to do it. And very soon we will have Money Beyond Belief up, and these recordings will be available. And feel free to ask me questions. Send me an email. And as you have your success stories, please let us know.

So, what I'd like you to do is have everyone close your eyes – get yourself comfortable. Take a big deep breath in and hold it. And let it go. And take another big deep breath in and hold it. And let it go. And a third big deep breath in and hold it. And let it go. Just allowing your eyes to remain closed. Allowing yourself to get more and more comfortable, and more and more relaxed. And with each breath you take in, I'd like you to imagine that you're breathing in relaxation and positive energy. And you might imagine a healing light surrounding you, and

with each breath you take in, your lungs comfortably draw in that healing light – allowing it to flow through every muscle, nerve, fiber, tissue, cell and atom of your body – so that if there's any discomfort remaining, anything that hasn't been tapped away, just allowing that healing light to flow to that part of the body and soothe it and heal it – cleansing and relaxing. As that relaxation flows over the top of your head and down over your face – down over your neck and through your shoulders – down your arms and through your fingertips. Healing energy, relaxation flowing down over your chest and your stomach, your upper and your lower back – allowing yourself to remain comfortably in whatever position you are in, and otherwise relaxing, relaxing, relaxing. And as your torso relaxes, your internal organs comfortably do whatever they need to do to maintain your optimal level of health. As that relaxation flows through your hips, down through your thighs, over the knees, down through your lower legs and your ankles, and into your feet. And finally, that relaxation flows over your toes as you allow yourself to relax twice as much, going twice as deep with each number as I count backwards – five – drifting down to four – floating down to three – two – one – and zero is deep sleep (snap fingers). Now each and every time you hear me say the words deep sleep (snap fingers), with your permission, and only with your permission, you allow yourself to return to this depth or even deeper, quickly, soundly, deeply. And the physical body relaxes, and with that relaxation comes that wonderful sense of calm well-being of both body and mind. Deeper, deeper - five – four – three – two – one – and zero is again deep sleep (snap fingers).

And now just allow your mind to take you on an imaginary journey to some beautiful place in nature. It could be the beach or the mountains, the woods – someplace where you have a great sense of safety, a great sense of comfort, a great sense of well-being, and an ability to look around at the abundance of the Universe – looking around and seeing all kinds of examples of abundance, even if it's simply an abundance of blue sky, and recognizing that everything around you is energy. And moving forward in this beautiful place, walking forward, feeling comfortable, feeling strong, moving forward (snap fingers) because you have one direction in life from this point on – and that is always forward (snap fingers). Limiting beliefs that we have tapped on and cleared are cleared for good. They are in the past now. These old ideas that held you back from the wealth that you deserve are in the past – left in the past – and you are now moving forward (snap fingers) towards an ever greater abundance of health, wealth, and happiness, which you so richly deserve. And walking forward in this beautiful place and looking around and seeing all the signs of abundance – and as I mentioned, these are all forms of energy. Everything is energy. You are a part of the energy. You are a part of the abundance all around you. There is unlimited abundance. There is an unlimited amount of energy all around you. And anything you could want is created out of this energy. By focusing your thoughts on that which you wish to create and being clear about it, having cleared your beliefs about why you couldn't have it, being clear on the fact that you can have it, that you are good enough, that you are deserving – just allowing it to manifest in your life. And money is the same as anything else – it's energy. Money doesn't care who you are or what you look like or how hard you work or any of that. Money is energy and you are energy and you are welcome to an abundance of energy in all its forms, whatever you choose.

Moving forward – and in your mind, in this beautiful place – just in your mind – saying in this beautiful place, “I am worthy and deserving,” – saying, “I am good enough.” And just know that. Allow that to feel good through every muscle, nerve, fiber, tissue, cell and atom of your being. Knowing that you are indeed good enough – more than good enough to have extreme wealth – to have money beyond belief. You are more than worthy and deserving. You are as deserving as anyone else on the planet. And as you recognize that about yourself, you have a greater and greater ability to recognize that in others. The several hundred people that are on the call today – just knowing that we are all equally worthy and deserving of great wealth – of as much wealth as we choose – whether it's a million dollars or a trillion dollars or a zillion dollars or whatever it is. There is great abundance and you are worthy and deserving of it – and acknowledging that – and just finding that as you recognize that about yourself, you see that in others. And what a wonderful gift that is to others. So you're doing yourself a favor. You're doing the world a favor. Focusing only on the sound of my voice and the words that I'm saying and just going even deeper and feeling very strongly and very secure in the knowledge – knowing at a very deep level that you are worthy and deserving – that you are more than good enough. In fact, at your highest self, at the very core of your being, you have always known this. And allowing yourself to clear away all the stuff that has covered that up, so that you know and feel clear on the truth that you are worthy and deserving of great abundance of health, wealth, and happiness. And allowing yourself to feel grateful for that – feeling grateful for the knowledge and grateful for the truth that you are worthy and deserving. And allowing yourself to already start to feel grateful for all the abundance that is flowing to you.

And now, going even deeper – five – four – three – two – one – and zero is deep sleep (snap fingers). In a moment, I'm going to count you back out from zero up to five. Five will be wide awake, alert, focused, and energetic, feeling better than before, feeling magnificent, knowing that you're attracting more money because

you're allowing it, because you've cleared away limiting beliefs about it in yourself. Feeling wonderful. Tonight when you choose to go to sleep, don't be surprised when you fall asleep quickly, soundly, deeply and sleep very well through the night. During the night you'll dream. The more you dream, the stronger you become. I'm going to ask your subconscious mind to allow at least one of your dreams to be a very healing dream – healing some past limiting belief about yourself – something that has blocked your abundance of health, wealth, and happiness. Clearing that out, so that you once again become aware of the truth – you're in harmony again with the truth that you are worthy and deserving and that you are a magnificent child of the Universe. So that in the morning at the time you've chosen to wake up, you wake up easily, feeling refreshed, energetic, feeling even better than the day before – moving powerfully forward towards that ever greater abundance of health, wealth, and happiness, which you so richly deserve. And now I'll go back down to zero, which is always deep sleep (snap fingers), allowing your mind, body and spirit to digest all these positive thoughts and images at a very deep level. Coming up to one – feeling physically relaxed, breathing in relaxation and positive energy with every breath you take. Two – feeling emotionally calm and confident. Three – health and well being, enthusiasm, love, joy and gratitude flowing through every muscle, nerve, fiber, tissue, cell and atom of your being. Four – becoming more and more alert and aware of your surroundings. And five is eyes open, wide-awake. One – two – three – four – five – eyes open, wide, wide awake. And welcome back!

PERSON: Wow!

JOE: Wow is right.

BRAD: Okay, so are we all clear on the concept now - we are worthy and deserving?

PERSON: Yeah.

JOE: And ready for money beyond belief!

BRAD: Absolutely. Well, thank you Joe, and thank you everybody for making this call. It would not be a call with just me on the line.

JOE: Hey, Brad, can you un-mute it for a second? I want to hear people give a big roar or a big thank you or a big, "I'm ready for Money Beyond Belief."

BRAD: There we go. (Many people commenting.) Okay – that was nice!

PERSON: Wow.

JOE: Brad, thank you and thank everybody. Thanks for the people recording. Thanks for the people who called in.

PERSON: Thank you and Brad. Appreciated.

BRAD: You guys have an absolutely magnificent weekend – you deserve it!

JOE: And expect money beyond belief!

BRAD: Absolutely.

PERSON: Thank you so much. Bye.