

Angela Treat Lyon's Confidence Teleclass Transcript

This is Angela Treat Lyon, welcoming you to today's call on building confidence for whatever it is that you want to do in the world, whether it's business or personal. I'm going to be going over a few things before we do any tapping. So, here is just a few of them.

I want to talk about some principles that I learned when I was training in the Huna tradition. I want to go over with you a few facts that are new to our day and age, in our scientific world. I'm going to go over the nature of resistance and how you can use your understanding of this to make changes in your life.

We're going to do some tappings and talking about affirmations of why they don't work the way people say you're supposed to do them. OK? So, the first thing I want to tell you about is; when I trained in the Huna tradition, and this is an ancient Hawaiian tradition that's gone back hundreds of years.

The main thing that you learn in your first lessons in the Huna training, is that everything can change. Everything. Everything. Whether it's physical, mental, spiritual or emotional. Everything can change. That's the nature of the universe. Everything is constantly changing.

If you think of the nature of a molecule, it actually isn't a solid manifest, physical thing. It fluctuates from light to particle, light to particle. It blinks in and out of existence so fast that we see things, like a table or a desk, or a chair or water bottle, or whatever; we see them because the movement of the molecule from light to particle is so fast that the illusion of the physical thing seems to be solid.

But in real truth, things are 97% space. Just as you look out into space, you don't see a whole bunch of stars glumming up the sky. It looks like nice, 90% space. So, why is this important? This is important because we were created with these amazing lines that can change things.

So, things can be changed, and we can change them. We are conditioned to see ourselves as helpless little sheep, buffered around the world, and kneeling like frightened children begging for help from powerful people, or

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God, or whoever the authority figure is. We want forgiveness. We want good luck. We want goodies. We make wishes.

But once we realize that we have this amazing mind that can create things, we are creators. When we understand this fact, the doors of the world burst wide open for our potential. This is really important. We don't have to be stuck.

Now I just read an article today by a guy named Dr. Gariaev, I hope I'm pronouncing that right, who actually has changed DNA with lasers and intention. Now imagine, we have been brought up to think that our DNA is unchangeable. And we've also been brought up to think that our DNA is the basis of our physical health.

Bruce Lipton has disproved that with his epigenetics studies that show that the power of the mind on the DNA can actually change the DNA. And Dr. Gariaev has done amazing experiments where, for instance, he took a group of -- two groups of rats. And let's not get into the ethics of using animals, here.

But the study itself is important. He took two groups of rats, poisoned them both, and the control group developed diabetes and died shortly thereafter. The other group of rats received genetic information via a laser, which was targeted to re-grow and regenerate damaged pancreas cells.

That group of rats not only survived, but their pancreas became functional again. That's pretty amazing. So through thought and directed energy via a laser, these rats were changed in their DNA. Now if we can change our DNA, through our minds, imagine the possibilities.

Not only for what we can do in the world, but for health. I mean if somebody is born with some kind of something that's wrong with them, they could ostensibly, once they learn how to do it, change that. So you can see the importance of the mindset. The mindset here, that you are not a victim, is all important, because everything can be changed.

So I want to talk to you about the nature of resistance. You know a lot of

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people say; “well, I really want to create a business that’s successful. I’m an EFT, or I want to create EFT groups. I’m a coach for artists, and I can’t get them to do what I ask them to do. I want to lose weight. I want the love of my life to appear.”

All of these things that seem like they’re really hard. And you get thoughts like; “oh, I don’t have time to do that. I don’t have the money. My husband wouldn’t let me do it.” Thoughts like that that come up before you start taking action on this dream of yours.

This is what we call resistance. Now the nature of this is not what you think. Resistance is not you struggling and being kept from something. It’s you struggling between your desire to be or do or have something, and your deeper inner conditioning that says; “no, you can’t have that.”

It’s actually creativity wanting to happen. See the minute you start wanting something, the universe hears and step into to help you create it. Giving you the opportunity to take action towards creating that, whatever it is that you started wanting.

The problem is, that your limiting beliefs are the ones that stop it from happening. Now, where did these limiting beliefs come from? I’ve had clients who claim that it was from past lifetimes. Other clients claim; “oh, it was from my mothers’ thoughts when I was in the womb. My teacher told me I couldn’t do that.”

Or, “I failed in class,” or “My husband beat me, and now I can do that anymore, because I’m afraid he’ll beat me again.” All of these things can be neutralized. Every single negative, limiting belief that gets in your way, can be neutralized so that you can go on and take action, and create the thing that you want to create.

Creativity wants to happen. I want to have you imagine something here for a minute. I want you to imagine a garden hose. You know it’s just a fairly small hose going out to water your garden. Each of us is a garden hose. We’ve been conditioned to think that we’re these skinny little powers of energy walking through life.

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We don't have very much power, and we'd better not make trouble because who are we to make trouble? Who are we to do this or that? The truth is, that we are enormous powerhouses. But, we're so used to being these little tiny garden hose, that when we start getting desires for things that would require more energy; and the universe starts providing us with the energy of that thing, it feels like pain.

It feels like resistance. And so we go; "Oh. Oh no, I'd better not do that. It doesn't feel right to me. This hurts. I can't do that." No, no, no, no. You have to rewind and back up here because, what you really need to do is enlarge your ability to channel the spirit of the universe.

Channel those things that you want to have come through to you. Does this make sense, I hope? And so the way you can do that, is to listen very carefully to your negative thoughts. You see, it's not the emotions that get in the way. The emotions are really the indication of the negative thoughts that are holding you back.

So what you can feel fear, you can feel anger. You can feel grief, anxiety. All of those are names that describe the state of the energy that you're experiencing. This is really an important concept for you because, if you can understand that the emotions that you're feeling are not what's in your way, but you are blocking the energy and you're calling it anger, fear, frustration, anxiety, whatever.

You can change it easily. And here's how you do that. Let's say I want to create a product. And I want to market it to people who are out there who I know need that product. But something in me says; "oh, but you're not good enough. Who's ever going to buy that from you? Who are you to TGFT? Oh, God, I just don't have enough time".

All of these thoughts keep that energy blocked. And the more you do it, the more it hurts. Because the energy's building up and building up and building up. And you're going; "oh no. I've got resistance. I can't do this. I'd better not do this", and you push the whole thing away and it disappears, and you don't end up creating that product.

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It's a terrible loop that happens. Because you've got this desire, and the resistance, so-called, comes in. You push it away. Then you get the desire again. And after a while, you start to feel like; "God, nothing is going to work out for me."

So, here's how you do it. You think of the thing that you want and allow yourself to feel it. Allow yourself to feel; "oh my goodness, my hearts racing. My hands are sweating. I've got to sit down because my knees are shaking. Or, I've got to get up and dance, because I've got so much energy."

Whatever the energy is in your body, feel it. That's the energy of creation. Now, you start to listen to the thoughts that come up in your mind. Because this is the conditioning that kept you safe when you were a child. You're not a child anymore, and so you don't need them and it's time to change them.

So let's say that your belief is; I doubt myself. You know, I doubt if I'm good enough. I doubt if anybody would buy this. I doubt if I can get my message across. I doubt if I can tell people about this well enough so that they'll want it.

Well, who set up those rules for you? Who set those up? Guess what? You did. You did, because you believed somebody when they said "no" to you. You set up those rules. So, guess what? You're the one who's in the perfect position to change those rules.

I'm going to take us off mute here for a second to do some tapping. But first, I'll go through the protocol of how to change your thought. OK? The first thing you do is you think of the thing that you wish. Then, you start to feel the feelings. The actual physical sensations in your body.

And it can be an actual physical sensation outside of your body as well. So keep that in mind. It can be in your energy system. The next thing you're going to do is listen to your mind. Listen to the things that are in between you and what you want. The "oh, I'm not good enough", et cetera.

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All of those thoughts and write them down. Every single one of them. OK? Now, you're going to ask yourself, on a scale of zero to ten, how much do I doubt myself? Oh, let's say it's an eight. It's really intense. So you know "there's no way anybody's going to believe me. I can't get my message out. I must be no good. Nobody's going to want my product." Et cetera, et cetera.

So write them down and you rate them. You know, in general, all of them together. How deeply are you feeling this? With zero being you're dead, and ten being the most intense feeling of all. OK? Zero being you're dead, because you're not feeling anything. OK?

So rate it on the piece of paper, because the funniest thing happens. I learned this a long time ago with clients who've said; "oh, you know we really didn't do anything in the session today." Because they made their limiting thoughts go away and the intensity went down.

So, in order to remind you of how intense this felt in the beginning, write it down. I'm at an eight. I'm a nine. I'm a 20 out of 10, because this is so intense. Whatever it is, write it down. OK? Because later on, you'll look at it and you go; "how could I have been feeling that? That's amazing."

Then I'm going to show you how to tap on these negative beliefs. Now some people ask me, why are you saying all these negative things? Aren't you making it worse? No. We're not making it worse; we're just putting a voice to the thoughts that are already in your mind.

They're already there. And so when we express them, we allow them to come out and be themselves. And we can appreciate them, because they've been trying to help us all these years to stay small and safe. But now, it's time to change them.

Then, after we've gotten some relief with the tapping, we start to take action by creating different thoughts. Supportive thoughts. Thoughts that will help us create the thing that we want to do. OK? And we don't stop there.

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As soon as we feel relief, and we start adding the things that we want to do, we make a list of three things. And that's all. Do not make a list of any more than that. Three things that you can do at this very moment, or the first thing tomorrow morning, in order to create the thing that you wish that you had.

And the question is; what are three small things that you could do right now, or first thing in the morning in order to support your goal? OK? So, this is how we do it. And I'm going to take us off mute here, and see if Christina would like to be my tapper?

Christina: Thank you.

Angela: Good. OK. So you expressed to me earlier, that you doubted your message, and that you couldn't make money at your business. Correct?

Christina: Yes.

Angela: OK. So let's do some tapping on that. All right? And I want you to start tapping on the karate chop point on the side of your hand. So just repeat after me, "I really doubt myself."

Angela: There's no way I can be successful in my business.
I can't even get my message across.
I feel so frustrated.
I'm really angry at myself.
And I feel sad that I haven't been able to do it yet.

Angela: Good. That's great. Thank you Christina. And how does that feel to you? Does that feel true?

Christina: Yes.

Angela: Good. OK. Now, we're going to talk about how you actually, physically feel about this. I want you to look inside your body, and feel the frustration and the anger and the sadness. Where exactly is it?

Christina: It's down in my stomach.

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Angela: OK. And on a scale of zero to ten, how intense is that?

Christina: It's seven.

Angela: Good. All right. That's great. Not that you're in pain, but that you can feel it so intensely. OK. And so, can you describe what the feeling is like? Is it hard? Soft? Spiky? Fluttery? What's it like?

Christina: It's like a knot. It's so hard that it's -- and it's heavy.

Angela: Good. OK. So it's like a knot and it's heavy.

Christina: Yeah.

Angela: Good. How old do you think it is? Do you think you've always had this? Or did it start somewhere?

Christina: About 20 years ago.

Angela: What was happening around that time?

Christina: I lived in a religious community and I had to go out and to find my way another time. And I was so sad because it was the first place where I felt safe and at home. This sadness and this failure had felt like that it's the same feeling I'm feeling now.

Angela: Yeah. OK. That's great. Can you see how that whole pattern was set up, and affects you now invisibly?

Christina: Mm-hmm.

Angela: Yeah. Let's neutralize that so it doesn't affect you anymore
*[00:20:13]

Christina: Yeah.

Angela: OK. So, I want you to start tapping at the top of the head and with

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every phrase that I say, jump to a new tapping point. OK?

Christina: OK.

Angela: OK. I feel this knot in my belly.
It's so hard and so heavy.
It's really a burden.
I am so tired of carrying this thing around.
It's really a pain.
But what I haven't understood --
is that it's been trying to keep me safe.

Angela: Yeah. Good. It's been trying to keep me from creating a situation that caused me pain in the past. I'm sorry. That was too long, wasn't it?
OK. It's trying to keep me from --

Angela: -- a pain that would be just like the past.
It does not want me to feel pain.
So thank you knot.
I appreciate you.
You've been working really hard for me.
And now it's time to untie you --
and have you help me create the things that I want --
in safety.

Because I'm not that same person that I was 20 years ago.
I'm free from those things.
I don't even believe in all that anymore.
I believe in different things now.
And it's about time I got some success.
And the things that I believe in.
So rope in my belly
I demand that you untie yourself.

And what does it say Christina? Does it say "yes" or "no"?

Christina: Let's see. It's not yet ready to let go.

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Angela: OK. Now I want you to ask yourself this; is this knot something that I created? Or, is it from somebody else?

Christina: It's from somebody else.

Angela: That's what I thought. OK. Here's what I want you to do. I want you to look at that tied up knot, that heavy tied up knot in your belly; and ask it if it would like to stay with you, or leave?

Christina: It's telling it would like to leave.

Angela: You want it to leave. Here's the deal. That rope, it's just an illusion. All this is energy that's knotted up in there. And if it decides that it wants to stay, we're not going to allow it to stay all knotted up. We're going to have it be a part of our creativity team. Do you see where I'm going with this?

Christina: Yeah.

Angela: So, if it wants to leave because it belongs to somebody else, we're going to let it leave. It doesn't belong here. But, if it wants to stay, we can transform it. Does that make sense?

Christina: Mm-hmm.

Angela: OK. So what does it want to do?

Christina: It wants to stay.

Angela: It wants to stay. Fantastic. OK. So, let's keep tapping.

Thank you so much energy.

I welcome you to a new phase in your existence.

Because you cannot stay a tied up heavy rope anymore --
if you're going to help me.

So what I'd like you to do is change your appearance --
into something that's more fun.

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So go ahead and look at it, and see what it's doing.

Christina: It's a swinging rope to jump over it.

Angela: Oh, a jump rope.

Christina: Yeah. But a long jump rope.

Angela: That's really more fun, isn't it? OK. And not only is it a new form, but you can use it to keep in shape. So how does that feel in your belly now?

Christina: Funny. It's jumping.

Angela: Yeah, jumping. OK. So here's what I want you to do. I want you to keep tapping.

So, thank you rope,
I so appreciate you.
I'm amazed that it was so easy to change you.
And I'm looking forward to the time when you can help me --
jump over obstacles.
Because you are a jump rope.
And so I'm going to put you in my little closet --
and every time it's time for me to jump over an obstacle --
I'm going to call you out and say; "help jump rope".
I'm going to say; "Come on out".

Angela: Good. OK. And how does the jump rope feel? What does it say now?

Christina: It's great. Great.

Angela: I bet it feels good after being tied up all these years. Right?

Christina: Yeah, yeah, yeah, yeah.

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Angela: Good. OK. So I want you to think about creating your message for your business. And building your business so you can make money. Does it feel different now?

Christina: Yes.

Angela: Good. What was the intensity that you had about your doubt before?

Christina: About my doubt? Five.

Angela: OK.

Christina: It's now --

Angela: Good. What would you say it is now?

Christina: A two.

Angela: Good. All right. So tell me this;

Christina: Or one point four, or point five. A one point five. One and a half.

Angela: Nothing like being precise, right? OK. So you doubted your message before. How would you really like to feel about your message instead?

Christina: Powerful. And so passionate that I magnetize all the persons, even if they don't know me.

Angela: Fantastic. Fantastic. I love it. You want to feel so powerful and clear about it, right? That people are magnetized to you even if they don't know you, and even if they haven't even seen your marketing message. They just know that you're the right person. Right?

Christina: Yeah.

Angela: OK. Do you have any more doubts about this? That you can do

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it?

Christina: No.

Angela: OK. Not now, anyway.

Christina: No. No.

Angela: Because I guarantee you, you know now that you've cleared one layer, other layers will come up to be cleared. This is something that I want to talk about just for a second here. Because this is really critical. A lot of people say to me; "I've tried EFT, it doesn't work. I don't even want to bother to try."

The reason they think that is, because they've tapped on something and cleared something once; and then the next day or the next hour, the next week, something else came up and they think; "oh EFT didn't work because I've got this thing happening again".

It isn't the same thing happening again. Right? Something new. And so you just do the process again. What's the big deal? This is the way life is. People don't get that, that you don't just get clear and this is clear forever. OK. So you're clear on this. You're happy. You've got a powerful message. You're passionate about it. You're magnetizing people.

So what are the three little itty-bitty, tiny-witty things that you can do in order to bring forth what you want? What are three small things you can do? And I mean really small. I don't want to hear things like; "oh, I've got to write my list. I've got to track more clients."

Those are big things. A little, itty-bitty thing is like; "oh, I can go take a nap. I could take a walk. I could make some notes. I could call somebody for support". Those are little, itty-bitty things. Our lives are made up of little, itty-bitty things. And so when people say; "oh, you can take a quantum leap".

I say; "well, quantum leaps are made up of the accumulation of little, bitty things". So it's the little, bitty things that you really need to do first. So what

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are three little, bitty things you could do immediately, or in the morning?

Christina: I have a lot of notes and I will bring them in alignment, in order to have them prepared for my training manual.

Angela: That's a big thing to do. That's a really huge thing to do. If you've got lots of notes, and you're going to order them so that you can make sense out of them; that's a big task. So what's a little, itty-bitty thing that you could do to start that?

Here's what one small thing you can do in order to start that task. First, you can go there and find your files. Second, you can make notes as to how you want to arrange them. And third, you can prepare them to do to the task. Those are three small things that you could do right away. And those don't feel very overwhelming, do they?

Christina: No. OK. That's true.

Angela: Yeah. That's the whole point. We don't want to feel overwhelming. If you look at changing your notes, and getting them all ordered; it seems like a huge task to me. It feels like; "oh, my God, that's going to take days". I can imagine sitting down at my desk and looking at all these notes on pieces of paper, and things that I've typed in.

Oh my God, it's too much. When am I going to have the time for this? And I won't do it.

Christina: OK. That's --

Angela: Doesn't that make sense?

Christina: Yeah.

Angela: So when I say little, itty-bitty; I really truly mean itty-bitty. You know, as little as; opening up a file folder. That's a nano task. Tiny-winy.

Christina: OK.

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Angela: OK? I want you to remember that, because when we think of things to do, we have these giant pictures form. Oh I'm going to become this successful practitioner, and be a millionaire. It's like this huge blimp over us, that's just full of energy and excitement and passion.

And then we look to start doing this and it's; holy gods, where am I going to find the airport to land this thing? How am I going to do this? Then it seems so overwhelming that we don't even begin.

Christina: Yeah.

Angela: So we've got to start with the little things that we can do, and can do easily. Because, when they're easy, they're fun. And when they're fun, we do them more. Doesn't that make sense?

Christina: OK. Yes, of course. Thank you.

Angela: Good. OK. So that feels a little bit better, doesn't it? OK. So, thank you so much for being my tapper and I'm glad you feel better. I'm going to put us back on mute for a minute.

Christina: Thank you.

Angela: You're very welcome. So I want to talk to you about the nature of affirmations now. Affirmations are a big deal for a lot of people. And they seem to work for a lot of people. But, I've never been able to get them to work the way people tell me to do them. Here's the reason why.

I have a very obstinate mind. My mind is one of those minds that picks out all the things that are different or wrong. And so, if I say something like an affirmation as this; "I have lots of money". My mind immediately goes to, "well, you've only got this amount in the bank. That's not a lot of money".

And it could be more. It could be billions. It could be millions. Who do you think you are? And blah, blah, blah. All these "yeah, buts." You know, yeah but you've only got so much. And yeah, but, I don't believe it. And yeah, but, you can't do that.

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So, I would say my affirmation, “oh, I have lots of money”. And my mind would go crazy, and I’d end up in this circus of negative thinking. I tried for a long time to figure out how to deal with that. And I found tapping and I dealt with it through tapping.

But then I stumbled on something else, that’s been really wonderful. I’ll be honest with you. Not too long ago, let’s see, 2004; that would be nine years ago, I was desperately broke and didn’t know what to do about it. And my inner litany, my inner song was; I’m so broke. What am I going to do? It’s the end of the month. I don’t have any money. How am I going to pay my rent? Blah, blah, blah. Blah, blah, blah, blah.

And I had this whole long song going. One day, a few years ago, I thought; well why don’t I change my song? My song needs to be different. It needs to be something that is true, and that I can believe, and that will feel good to me.

Three aspects. It needs to true. That you can believe and that will feel good. OK. So what would my song be if it fit all three parameters? I came up with; Even if I have a penny, I still love having money. I love having money. And it’s true. I do. I love having money.

There’s no part of my mind that’s going; “yeah, but”. Because it’s just very simple. I love having money. Now, there are those who were brought up thinking that money is bad, and that it’s the cause of all evil. So, those people might have a problem with that.

But for me, it worked. So instead of worrying about money, I started to sing to myself; I just love having money. I love spending money. It is so much fun to spend my money. I even love to pay my bills because it means I’m grateful for the services rendered. I love having money.

And as soon as I started doing that, my whole money landscape started to change. I realized that I’d stumbled onto something really interesting here, because I started trying it with other things. Let’s say, that you wanted the love of your life.

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And all these years, you've been lonely and angry and frustrated and sad and feel like there's something wrong with you. So you've been thinking all this. Oh God, I wonder what's wrong with me? How come I can't attract the right guy? There's this "poor, poor me" song that's running through your head.

What would happen if you created a wonderful, wonderful you song? Like; I just love being with a guy who's just right for me. I love thinking about how much fun we have together. I love thinking about how handsome he is. Or she, as the case may be. Do you see where I'm going with this?

So you create something that you love to think about. Now there are some things that we really struggle with, and don't seem to ever go away. I've had a lifelong struggle with weight. I could not set up an affirmation that said: I'm slender, strong and fit. Because, it was simply not the truth and my mind didn't believe it. And it wasn't fun.

And so now, I look at pictures of myself when I was younger, and much more slender and very healthy; and I think to myself; I just love seeing myself healthy and slender and fit. It fits. I do. I love seeing myself in that state. I love seeing those pictures of me, because I looked really good.

I love seeing those pictures, so instead saying: "I love seeing the picture", I say; "I love seeing myself slender, healthy and fit". That feels good to me. There's no back talk from my mind and its fun because I'm thinking; you know what? I'm on my way there. I can do this.

That thought came to me not long after I started feeling that little affirmation. Because I am working on this. I am getting somewhere. So it felt really good to me to say; "yeah, I'm getting somewhere". Whereas all these years, I've been going; oh, I have to lose weight. God I hate losing weight. I hate diets. You know, all this hate, hate, hate.

That doesn't do you any good to be thinking those things. So the formula is; to think of something that is true, that your mind can believe, and that's fun. That feels good to you. It doesn't necessarily have to be fun. A lot of people don't put as much stock in fun as I do.

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But you want it to feel good to you. OK? Then, if you find something that you cannot honestly say; for instance; you may not be able to say; “I love having money”. So you can say this instead; “I love thinking about how fun it could be to have money”.

The key word here is love. Because it raises your vibration. Raises your frequency and starts magnetizing the thing that you want into your field. I love thinking about being able to convey my message so clearly, that people are magnetized to me, even when I’m not trying.

Doesn’t that sound like fun? I love thinking about people lining up around the block waiting for me, so they can have sessions with me, and buy products from me. I love the thought of people lining up around the block. I love the thought of people finding me online without my having to do an extra single thing.

I love feeling so passionate about my work, that people are magnetized to me. Do you see where I’m going with this? Doesn’t that feel good to say those things? And if you hear your mind saying; “yeah, but”, you stop and you tap on it.

“Yeah, but” that’s impossible. People aren’t going to find me unless I put something out there. Well, that’s true. So get something out there. Big deal. It’s going to take you five minutes to write; yes, I help people do this, that, or the other; and they obtain success in their health, or their business.

That doesn’t take long to do that. And then, you can clear that thought. You can say; “but I’d much rather think about being successful. I’d much rather love thinking about having fun with the people I work with”. So, the difference between an affirmation the old way, which is conditional; you know; I have money. The difference is that you add love to it.

You change it from a condition to a feeling. The condition used to be; I have money. Or, I have love. Or, I have sex. Or, I have a house, or whatever. And your mind can go; “no you don’t”. But if you say; “I love having health. I love having sex. I love having a partner. I love having money”.

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And ask yourself; is it really true? And if your mind can say; “yep, that’s true”, then you say; “how do I feel about this?” This feels pretty darn good. That’s the difference between the old kind of affirmations and the Angela kind of affirmations. OK?

So, just try that out. And see what happens. Christina, what do you think about that? Does that help?

Christina: Oh, fantastic. That’s fantastic.

Angela: Good. It makes a difference, doesn’t it?

Christina: Oh, how much difference.

Angela: Good. All right.

Christina: I love having fun with the people I work with.

Angela: Well, it’s more fun than crying, isn’t it? When you think of your level of confidence, when you first started our call today; what would you say that it was?

Christina: Five, six.

Angela: And what would you say it is now?

Christina: Eight, to nine.

Angela: Good. And what keeps it from being a ten?

Christina: Remember from the bank account.

Angela: Ahhh. I see. OK. This is great. I’m going to address this, OK?

Christina: Yeah.

Angela: This brings us to a really important point. I’ve heard from people who are coaches or speakers, or whatever; and they say to me; “I feel like

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a fraud because I've only got a few thousand dollars in the bank. I'm claiming to help people become millionaires. Or, to end their money worries."

You don't have any responsibility for people's results. The people you work with are responsible for their results. Not you. Your responsibility is to care for those people and show them the things that they can do to get the results that they want.

So, just because you have, let's say, three thousand dollars in the bank and you're going to tell somebody, yes I can help you to get over your money worries, your money in the bank has absolutely zero to do with that person's money worries.

They're not worried about how much money you have. They're worried about how much money they have. Or they don't have. You're here to serve. You're not here to prove. So you say; "yes, I can help you remove the limiting thoughts and the doubts that you have about yourself that keep you from having more money." Right?

You're not there to put more money in their bank account. That's not your job. And it's nobody's business how much you have. Because, you might have millions, but you might have just spent it all buying a piece of property. It's your responsibility to share your expertise, your knowledge, your skills and your unique talents with people; so that they can take the ball and run with it in their world.

You are not responsible for their results. N-O-T. Not responsible for their results. They are. You are responsible for saying what they can do, or showing them; just by being you, or in your teachings and you hold their hand and you smile at them and you picture them as absolutely already perfect.

Because they are. They're already perfect just exactly the way they are. You just have to remind them of that. Because they forget. We all forget. And we all need reminders that yes, I'm already just fine the way I am. And, I can even get better.

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So I want you to think about that and understand that you have value. You are credible. You can do it. You don't have responsibility for anybody else's results. OK? So Christina, does that make sense?

Christina: Yes. Yes. Really.

Angela: Yeah. Because you know, you can be in the hospital dying of some illness, and you could still help somebody. Couldn't you?

Christina: Mm. Yeah. Yeah.

Angela: You could. You could walk down the street feeling full of confidence and somebody across the street could see you, and be inspired by that. Couldn't they?

Christina: Yes. I experienced it. Yeah.

Angela: Yeah. Me too. So we never know who we're going to affect. And we never know how we're going to affect them. It's up to us to stay tuned with what we actually are committed to doing in helping the world. And doing it the best we can. Right?

Christina: Yeah. Yeah.

Angela: OK. And it seems like we've got one minute to go. Christina, what's been most valuable for you today?

Christina: Oh, it started with the rope.

Angela: Oh, good. Good. And how does it feel now? Does it feel a whole lot better?

Christina: Oh, much better.

Angela: Good. I'm delighted. And so do you feel like you've got more courage to go about doing what you're going to do?

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Christina: Yes. Yes.

Angela: And you were at an eight or a nine before. Are you a ten now?

Christina: About to ten. Yes.

Angela: All right. I love it.

Christina: Yeah.

Angela: Fantastic. Great. OK. Thank you and thank you everybody, all the rest of you for showing up today. I really appreciate it. Thank you Christina for being my tapper. And I want to remind you guys, to please be audacious and bodacious, outrageous and bold. And as alive as you can possibly be. I'll see you on the next call.

This is Angela Treat Lyon, and we'll see you soon. Thanks again. Bye, bye.

Christina: Thank you.

Angela: You're welcome. Bye, bye. Bye.

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