



case studies

From two coaches-in-training



*Exploring the Process Work in Shift 3 – The Empowerment Shift
– Healing Forward into Confidence & Empowerment From
the Tapping into Wealth Transformational Method*

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COACHING SESSION CASE STUDY 1 ON “HEALING FORWARD” PROCESS #9

Transformational Blueprint Phase 3

The Empowerment Shift - Heal Forward into Confidence and Action

Submitted by a Tapping Into Wealth Coach-in-training approximately 2 months into training:

Before we started the process I checked in with Janet about her week and she said she had a very good week. That at first when she looked at her goal cards (work done in previous sessions) she heard a lot of her inner critic talk but she just tapped and said what she heard out loud until it had no more sting. She also told me that she had a great sales week at work and had won a bonus for having the highest sales and she was over the moon excited about it.

I talked with her about RTBS (work done in previous session) and what that was and how important it is to retrain our brains to celebrating success, so that our subconscious minds equated action with pleasure and reward. I asked her to come up with something that she could do as a little celebration every time she accomplished anything, no matter how small. She loved the idea and said she was going to do a little “*come on get happy*” dance.

Today’s session would focus on the Process #9 “*Fear of shining too brightly*”

I asked her to close her eyes and paint a picture in her mind of walking out on a big stage with a big sign that had the amount of her outrageous goal written on it. I told her that the audience contained her family, friends, relatives, ancestors, peers, school friends and work colleges. I asked her to imagine



them all sitting there looking at her and had her say loudly, *“I really want it, I can do it, I deserve it!”* I asked her to look at the audience and tell me what they were saying, doing and how they looked – and how was she feeling?

She said as soon as she walked out on the stage she got very nervous and as she looked at the audience she got more and more anxious and her stomach was doing jumping jacks. She kind of laughed and said you and other friends are in the audience and you’re smiling at me and waving but, my mother is angry and saying you’re too stupid, you could never do that. My father is looking disgusted and saying I’ve turned into a capitalist just like my grandfather. My grandfather is scowling and saying *“why do you deserve it”* you’re just a dreamer. She said the rest of the audience wasn’t really doing anything just sitting there with no real reaction.

I told her that the reaction of the audience was her unconscious mind painting her a picture of her fears and what her inner critic says to her. She said, *“Oh yeah that sure is the truth. I try to push it aside but if I pay attention I do hear those things.”*

We started tapping using: there they are the audience and some of them are happy and cheering but there’s my mother and she saying.....and I’m feeling..... I used what she had told me earlier and she added some more and then we moved on to her father and grandfather doing the same thing. We did quite a few rounds and then I had her check back in with the picture and she said there’s some muffled

clapping from some of the audience and my mother is almost smiling and she’s quiet. My grandmother, father and grandfather are smiling and they are quietly clapping.

I asked her how she felt now standing on the stage and she said calm, relaxed and like I deserve to be here.



I told her again that that picture just showed her what fears, limiting beliefs and self-talk come up for her whenever she sets a big goal and tried to move forward. She said, *“No wonder I’ve been so stuck and don’t ever seem to be able to follow through with any of my desires to move forward!”*

I lead her through the tapping from the training manual and additional tapping directly from the book on pages 172, 173 and we ended with the tapping script for *“more of your brilliance.”*

When I asked her at the end where she was now, she said you could see a picture in her mind of a **new version of her old self that was kind of shiny and translucent that was almost unfolding out of the body of her “old self.”** She said she felt **empowered, centered and ready** to take on the world and let her dreams come true!

Feedback from Janet:

“The TIW program was the deepest and most profound personal growth work I’ve ever done – and I’ve done a lot! It’s totally changed the way I feel and react to money. I no longer wake up at night in terror wondering how will I ever pay the bills. I no longer feel panic every time I look at my bank account or pay for something. Mostly I feel pretty hopeful and calm about everything. And the best part is my sales are up 40% since we did this!”



COACHING SESSION CASE STUDY 2 ON A “HEALING FORWARD” PROCESS

Transformational Blueprint Phase 3

The Empowerment Shift - Heal Forward into Confidence and Action

Submitted by a Tapping Into Wealth Coach-in-training approximately 2 months into training:

Client's outrageous goal is from our previous session work is:

\$150,000 working 25 hours a week

Client is a talented EFT practitioner, she is really committed to her growth and has been wanting to increase her income with little success. We had worked together on all the processes but this one held a lot of power and transformation for her.

When I re-checked with her about her Outrageous Goal, client stated that she did not have the same charge as before.

“I know I really have to do it differently to get to this... I really have to shift things, re-vamp how I’m doing biz...”

“It’s not as overwhelming, and yet I question: “Am I made for it? Do I really want it?”

“How much do I really want it? Is this for me?”



“There’s a little girl inside of me that says: “I just want someone to take care of me...” -this is the truth, I am being honest with myself.”

“I know I was born to add value to the world and yet, that part of me (the little girl) speaks kind of loudly sometimes, and I want to sit back and be taken care of.”

We discussed the conflict she experiences: the part of her that wants to be taken care of, protected, and the part that wants to be successful and wealthy for her contribution to the world.

For today’s session on *“fear of shining too brightly”*, I guided her in the visualization where she sees herself as a wealthy, successful woman about to get on the stage to talk to her peeps. The audience is full of her grateful clients, friends, parents, and people that are thrilled to see her...

She stated very clearly: *“I see myself, and all of them... and I’m not going up there.”*

There was a strength to her voice, a determination that told me her nervous system was in fight or flight response and she was definitely choosing flight!

I very kindly told her that she could choose, she didn’t have to go up if she didn’t want to. It was totally up to her.

I also said: *“just out of curiosity, what are you concerned about, what do you imagine would happen?”* - I explored deeper and deeper every statement she made.

She told me that if she got up there people could judge her, she could say or do something that could hurt people... and if that happened people would think she was not a good person. People could judge her as mean.



More questions and exploration lead to her telling me:

“I grew up as ‘Little Sweet Cathy’ my grandmother always called me that... and I really liked it. I was seen as a good girl and never got in trouble. My brother on the other hand, would often become the target of my father’s anger, and I suffered immensely seeing my dad abuse him (physically and especially emotionally). I would have never survived that, I would have rather died...”

We tapped on all the following ideas and concepts and phrases:

I helped her see that if for her getting on top of that stage meant being seen and possibly being judged. That she could potentially do something that could hurt someone and then she could be seen as someone other than Sweet Little Cathy. That in turn could lead to possibly being criticized and verbally abused, as her father had done to her brother...

If she saw getting on that stage (without even considering putting up a sign that stated how much she intended to earn or how many hours she was going to work) as potentially losing her status as Little Sweet Cathy and being abused by someone as strong as her dad, it made total sense that she wanted nothing to do with the idea.

I kept stating that for her getting up on that stage meant the possibility of losing her identity, as someone nice and sweet, and possibly even (emotionally) death.

We did tapping on the fact that growing up she did not feel safe being seen, it was potentially dangerous, unsafe, hurtful and so painful... She had disclosed in a previous session that she would have preferred to die than be abused as her brother was.

We tapped on all the feelings, sensations in her body, and thoughts connected



with this past trauma and cleared and released all the pain involved in losing her identity as Little Sweet Cathy. The possibility of being judged and rejected, even abandoned.

After a while of this tapping her voice changed and I incorporated some positive tapping. We tapped on the wonderful opportunities that lay ahead of her, helping and guiding people have better lives, transforming pain and hurt into more fulfillment and energy. All the contribution she would make to her clients and the world creating a new generation of people free of the traumas that were keeping them stuck and in pain.

I guided her to visualize those people coming towards her, asking for guidance and help. People open and grateful for her sessions, her programs and workshops, happily paying her fees. I told her to see the money, checks and credit cards handed over to her, all accompanied by smiling and grateful faces.

After we finished the tapping she was eager to get on that stage and share with her clients, and loved ones her income goal and how many hours she was going to work making an Outrageous amount of Money!

She reported seeing smiling, supportive and loving faces, totally agreeing and applauding her total success, giving her a standing ovation!

IF YOU ARE READY TO LEARN MORE
ABOUT TRANSFORMATIONAL COACHING,
THERE IS SO MUCH MORE TO KNOW!

If you are ready to learn more about Transformational Coaching, there is so much more to know! Send us your questions or schedule a conversation with one of our training team coaches now! Why wait? Your future starts now! You can always reach us at [**support@margaretmlynch.com**](mailto:support@margaretmlynch.com).

