

The
Exquisite Life

Enhancing
Self-Love and Abundance

with

EFT

Clarissa Bell

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Thank you to my brothers and sisters, Vincent, Philip, Donna, Lisa, and Lori for always loving and supporting me through my many life adventures, even when you sometimes didn't understand what in the world I was doing. Your continued support means more than I can say.

Thank you to my nephew, Charlie, for allowing me to love you and teaching me about joy, beauty and being in the moment.

Many thanks to Jennifer Andrews for her steadfast love, support and encouragement throughout these past 19 years. Your friendship means the world to me. Thanks you for taking such delight in this book and for your brilliant editorial assistance with it.

*You are beautiful
You are gorgeous
You are unchangeably loveable
You are exquisite
You are magnificent
You are perfectly whole
You are what you have been
searching for
Let yourself be found
By you!*

INTRODUCTION

SEPTEMBER 11, 2001

In 2001, I was living in New York City with my two sisters, Donna and Lisa. I had been living there because my sister, Donna, who is a doctor, had asked me to move there and help her renovate an office space, which would be the location of her new private practice. By the end of August 2001, the renovation was completed and the office was officially open. Thus, my part of the project had come to an end.

I was at a crossroads. I wasn't sure what my next step should be. I wasn't even sure where to go. Ojai, California and Miami, Florida were both options, but I chose to return to Ojai, where I had last lived and had managed a retreat center. I had a community of friends there and it felt more like a comfortable falling back place to be. I had not lived in Miami in 23 years, so that choice would have been more uncertain, so I thought.

I was scheduled to leave New York to fly to California on September 13th. I had one last event to attend before I left, and that was my sister Donna's office warming party. It was to take place in the early evening on September 11th.

That day dawned sunny and bright with beautiful blue skies, a perfect Indian summer day. My two sisters and I were in the apartment getting ready to start our day. Donna was getting ready to go to her office and I was doing some last minute packing. My sister Lisa was also packing because she was supposed to be flying out later that morning to go to her company's sales meeting.

A colleague of Lisa's called to make sure she had not yet gone to the airport. She told my sister that there was something amiss going on with an airplane and the World Trade Center and that we should turn on the television. Lisa hung up and turned on the television. Within a minute we saw a plane slam into one of the World Trade Center towers. I felt like I was watching an animated cartoon. It couldn't be real. My mind could not wrap itself around the images I was seeing.

As we continued to watch we knew we were in the midst of something powerful, good or bad. My older sister sprang to action. Being a doctor, she went to St Vincent's hospital to see if they would need extra medical

assistance. Lisa walked with her so she could actually see what was happening on the streets. We lived downtown so we were not far from the World Trade Center. My sister's office was even closer, located in Tribeca, just two subway stops north of the World Trade Center.

We lived in the same block as a fire station. We walked past that station house almost everyday. Three of the firemen had been in the apartment just months before, helping us avoid a fine by moving some big plants off of our fire escape. We baked them lasagna as a thank you. I had a feeling it would be a sad day.

That left me alone in the apartment. I turned off the television. I needed to feel my heart. I too wanted to do something, but what? I called as many people as I could on the west coast to ask them to pray. I sat down to meditate. It didn't feel right. I went within and asked, "What can I do?" The voice within me said, "Sit here and feel everything. Don't censor anything. Allow yourself to feel it all. Let go of your ideas and judgments and all that you think you know. Just feel it all." So, I did.

I sat there for I don't know how long as I allowed every thought and feeling to wash through me, no matter what it was. Thoughts of death, survival, war and destruction were forefront in my mind. I felt horror, pain, fear, confusion, uncertainty, helplessness, bafflement and frustration. I had no resistance to thinking or feeling anything and in that place of acceptance thoughts and feelings moved through me with ease. I was amazed. And then, in the middle of all of those feelings, I began to feel a sense of peace and calm. There are no words to describe it, but I felt like everything was happening within a blanket of love. This love was very soothing and strong; it was indestructible and would always exist in its unaltered state, no matter what was happening in my experience. Within it I felt immense joy. This experience rocked me to my core. I began to question, on an even deeper level, what reality truly is.

As the day progressed and the news got increasingly worse, doing this as often as I could remember to do it was my saving grace. Lisa returned home, the television went back on and stayed on for the rest of the day and night. Towards the end of the day, as I was moving in and out of this state of grace, I made a commitment to myself. I came to see that the only reason we do destructive, hurtful things is because we do not know or feel the truth of who we truly are. We do not know ourselves as the love that is

the substance of all, that love that I had been feeling at times throughout the day.

I made a commitment to do everything within my power to eradicate within myself, any and all of the blocks that prevent me from being, feeling and expressing this love in the world. When I went to bed that night I knew that even if I didn't wake up in this reality in the morning, all was well. I was at peace.

BACK TO CALIFORNIA

Five days later, on September 16th, I was on a plane to California. The commitment I made in New York did not include any details on how to live my life from day to day. I had to figure that out by trial and error I attempted to get my life back to some normal state, but it never happened. I slept more and I became deeply contemplative. I have always been someone who questions life and who has had an inner awareness, even as a young girl, but now it intensified. I really noticed my fears and thoughts of pain and negativity. I wanted to feel free of anything that was blocking me from experiencing happiness. Despite all of the work I had done on myself up until then, I realized that I was still very scared inside. I had more conscious moments of joy, but I was also becoming more acutely aware of painful feelings of depression, isolation and fear, and it was sobering. However, I was determined to face whatever was before me.

It was a very challenging time. I had no income, very little money, no car and I was bunking with a friend who was kind enough to provide me with a place to stay. On top of that, it was really hard to share with anyone else what I was going through, because I didn't fully understand it myself. I just kept holding on to the energy of the commitment that I had made and somehow that got me through. I trusted that the unseen shifts that were taking place within me were for my highest good, even if I didn't quite understand it yet.

A NEW JOURNEY BEGINS

Eventually, in May 2002, I left California to relocate to my hometown of Miami, Florida. I moved into the home where my youngest sister Lori, her child, my adorable nephew Charlie, and my loving dog, Athena were all living. My two brothers were living in Miami as well. My inner guidance

to move to Miami was so clear as to be absolute. Everything that I needed to get me to Miami was provided as if by magic.

I had left Miami 24 years earlier after the summer of my graduation from high school. Now I was 42 years old, had attended three universities, received two degrees, lived in Northern and Southern California, Atlanta, Georgia, Sedona, Arizona, Barstow, California, Washington, DC, and New York City. I had been an engineer, project manager, manager of a retreat center, workshop facilitator, speaker, energy practitioner, dancer and African dance teacher. I had explored many spiritual paths and traditions. And yet I was feeling lost, not knowing how to go about being a demonstration of love in the world. My intention was true, but inside I was scared and I didn't have a clue as to what to do to carry it out. It seemed that all that I had done prior to this couldn't direct me. I had to let go of what I thought I knew. There was no five year plan to follow, just my knowing from within.

Where would money come from? How would I eat? How would I contribute to the household that I was living in? Where would I meet others who were on a similar path? Miami had changed so much since I last lived there. I had so many questions and no apparent answers. Some times and situations were very challenging, but the rewards outweighed the challenges because I was learning to live my life from the inside out, which was downright empowering.

I still had some old ideas about what I thought I needed to do. I thought I needed a part-time job, but experienced one block after another. Finally, after hitting what felt like another brick wall, my inner voice said, "Just stop. Don't go searching out there. You will be provided for."

The truth was I had already manifested a good situation for myself. I was living in a house where my brother paid the rent, there was plenty of extra room for me, I was reunited with my dog Athena, whose deep love and affection brightened my life considerably and I had the opportunity to be around the wonderful energy of a delightful child. I had to swallow my pride and allow my brother to help support me as I went through this period of my life. It didn't fit my picture of how I wanted to be provided for, but this was just one of many ideas that I would eventually have to let go of.

I began to get my bearings within the uncertainty of not knowing what would happen from day to day or how my good would be manifested. I

connected with the Abraham-Hicks material on Law of Attraction, which helped me understand how the Universe operates on an energetic and vibrational level. Their work helped me to see how my thoughts were drawing particular experiences to me and showed me the value of using my emotions as a guidance system to help me get back into balance and stay in alignment with my inner being.

I came across the work of Neville Goddard, a mystic who wrote books and lectured throughout the country from the 1940's through the early 70's. Neville taught about transforming our consciousness and the power of using our imaginations to create the life that we want. My favorite Neville quote is, "There is a limit to contraction, but there is no limit to expansion." I spent many lovely hours listening to some of his archived lectures on the internet.

During this time, true to my inner guidance's word, I was being well provided for. I was even beginning to thrive. Utilizing the principles that I had learned from Abraham and Neville, I managed to attract unexpected cash, totally out of the blue, from my brother Phil. I attracted a group of female friends who were also studying and practicing the Abraham material and whom I meet for breakfast almost every weekend. On the health front, I gained emotional and physical relief from a painful dental problem. I also manifested free tickets to New Mexico to visit my good friend Sonia and I was given free trips on three wonderful cruises. But most precious of all, I manifested plenty of time to devote to my incredible inner journey.

I was doing more than okay and learning to go with the natural movement of life. I was learning how to tend to the garden of my inner terrain. As I focused on my inner world, I watched with more and more detachment how my outer life unfolded, reflecting the changes in my inner landscape.

MY INTRODUCTION TO EFT

In the fall of 2004, I learned about the new field of Energy Therapy, namely Emotional Freedom Techniques (EFT) and one of its cousin processes, Tapas Acupressure Technique (TAT). I didn't know it then, but EFT would turn out to be a key ingredient in turbo-charging the process of eliminating my internal blocks to love's presence. I had actually heard about EFT six months prior to this time. I had even downloaded a free manual, but it sat on the hard drive of my computer, unopened. I had the typical objections to EFT that most people do when they first hear about it:

- *I can't see how tapping on yourself will do **anything***
- *It looks funny, awkward and seems cumbersome*
- *It's too convoluted and hard to learn*
- *It seems too good to be true*

I didn't even try it. One day I was listening to an online coaching seminar being conducted by someone I respect a great deal. He was asked what was the one thing that he had been doing that was having the most effect for him. His answer was, doing EFT everyday. That got my attention. I decided to learn how to do it and actually apply it before dismissing it.

I tried it on many different issues in my life and I immediately started getting great results. It was a perfect compliment to the work with the Law of Attraction that I was already doing. EFT helped me clear troublesome beliefs and thoughts that were blocking me, faster and more easily than anything else that I had ever done before. EFT cleared the way for more of me to be more fully present. This resulted in more clarity of mind and a sharper focus that allowed me to more easily draw to me the life experiences that I so desired.

LOVE IS THE ANSWER

On September 11, 2001, I made a commitment to heal and embrace all the places within me that prevented me from being a presence of love in the world, that prevented me from being the ME that I was created to be. The almost five years that have passed since then have been an incredible time of finding my way of doing just that. This is a life-long journey and I am learning to enjoy the ride more and more.

I have had to learn how to live from the inside out, relying on the voice within to guide me. I now realize that this voice has always been with me. Now that I have practiced listening for it, I hear it more clearly. I know that this voice will always lead me to exactly what I need to gracefully move me along on this unfolding path of life.

I have come to understand that love is paramount. Our relationship to the love within us determines the quality of our life experiences. Love is our foundation. Love is who we are and without our knowing this self-love we are lost.

Self-love and abundance are intrinsically linked. Abundance is all around us, but when we don't know ourselves as love our perceptions become skewed. As a result of these distorted views, we limit our access to the flow of abundance that is available to us and we experience lack. When we *do* feel the love within us as who we are, we have access to all the things that are a vibrational match to love – and that is everything that is wonderful. We naturally draw to us those things and experiences that have a tone or quality of love, and that is true abundance.

THIS BOOK

With this book, we will expand our awareness of love and our ability to recognize it and experience it. We will begin to know ourselves as love. We will explore the bridge between self-love and abundance by understanding how our love draws to us all that we need and desire.

“I drew them... with bands of love”

-Hosea 114

The book has 41 EFT exercises, 10 fun practices and is organized into three parts. In Part One, you will learn what EFT is and how it works. You will be instructed on how to do the EFT exercises and given an example EFT exercise to practice with before moving on to the other exercises in the book.

In Part Two, there are 15 EFT exercises that are specially designed to help you release the most common blocks to the awareness of love's presence. Releasing these blocks will allow you to have a more expanded experience of yourself as love.

In Part Three, there are 21 EFT exercises that are specifically tailored to help you let go of resistance in the areas of money, work, creativity and relationships. This in turn will allow you to more easily tune into abundance and live a life of joy that you deserve.

The 10 fun practices found throughout the book will help you integrate the shifts and changes that will result from doing the EFT exercises. These practices can easily be incorporated into your daily life.

I have personally designed and done all of these EFT exercises and I regularly use these practices in my life. Doing them has made a tremendous difference in my life. I have consistently experienced more love, joy, inner peace, clarity and confidence as a result. On the physical level all of my needs have been met and I have received many gifts such as a classic Mercedes Benz car that I love driving, having a loan completely wiped clear and many free trips, some flying first class. One was a fun-filled, fabulous trip to New Orleans just three weeks before hurricane Katrina damaged the city. And, EFT has assisted me in fulfilling my lifelong dream of writing a book – this book which flowed easily and joyfully.

The steady use of EFT has given me some of the means to fulfill the commitment I made on September 11th. Many internal blocks have been cleared, resistance has melted and some of the hard edges within me have softened. The result has been a more loving and harmonious relationship with myself and others, especially my family, and the world. Every area of my life continues to be enriched more every day.

Use your own guidance on how best to use this book. Everyone learns and processes information differently. You can read the book all the way through and then come back and do the EFT exercises and practices. Or you can read a few pages at a time, stopping to do each EFT exercise and practice.

My only caution is that you limit yourself to doing three or four EFT exercises per day, especially if you are new to EFT.

Are you ready to begin living the exquisite life?

DISCLAIMER

Emotional Freedom Techniques (EFT) is part of a new class of healing treatments known as *Energy Therapy*. It has been used by therapists, physicians, psychiatrists, nurses and many lay people all around the world. To date, EFT has produced remarkable clinical results for a wide range of psychological and physical problems, but is still considered to be in the experimental stage.

EFT is **NOT** intended to replace medical or psychiatric treatment. Anyone with medical or psychiatric conditions should consult with their appropriate health practitioner.

EFT is a safe, gentle procedure (provided that you tap lightly) that is easy to use. In this process, sometimes tears may arise, but it always seems to be a welcome relief. Personally, I have not experienced any negative side-effects when applying EFT. Nor have I seen or heard of anyone who has experienced adverse effects from its use. However, this does not mean that you will not experience what you consider to be adverse side effects.

Each individual is different in their subconscious makeup and thus the EFT exercises offered here may not address your situation exactly. Therefore, I cannot guarantee specific results. This book is designed to work with issues of self-love and abundance—but it is not therapy. However, I am confident that if you actually do all of the exercises and practices, at the least it will promote a sense of greater peace, well-being, clarity and expansiveness – which will only be enhanced with repeated use.

If you use the techniques in this book, on yourself or others, you must agree to take complete responsibility for your physical and emotional health and well-being. It is up to you to decide whether it is safe for you to use these techniques.

The presentation of EFT in this book is my own personal style and is not intended as formal training on how to do EFT. The best way to be trained in the use of EFT is through founder Gary Craig's DVDs or by attending a live workshop – many of which are listed on his website at www.emofree.com.

PART ONE

EMOTIONAL FREEDOM TECHNIQUES (EFT)

“When your emotions are allowed to take their proper place in your whole life, all healing is possible, because all energy is available.”

–Karla McLaren

WHAT IS EFT?

EFT is a simple tapping procedure that gently realigns the body’s energy system. EFT is an emotional version of acupuncture, except we don't use needles. Instead, we stimulate the meridians points by tapping on them with our fingertips while simultaneously verbalizing phrases related to unresolved emotional issues.

The simple discovery statement for EFT is:

“The cause of all negative emotions is a disruption in the energy system.”

The EFT process incorporates an emotional component along with the stimulation of the meridians and this appears to quickly and effectively realign and balance the energy system. This in turn restores the body’s natural ability to heal itself. EFT is safe, easy to learn, requires no drugs or equipment and can be used for almost any problem or issue.

One of the reasons why I believe that EFT works so well is that it allows a voice of expression for many buried emotions. In many spiritual circles, negative emotions are seen as bad. Quite a bit of energy is often used to suppress these so-called negative thoughts and emotions. An important first step in the EFT process is the Set-Up Statement, which involves acknowledging the negative thinking or problem while creating self-acceptance despite the existence of the problem. A Set-Up Statement would be something like:

*Even though _____,
I deeply and completely accept myself.*

The blank line would be filled in by the issue or problem you want to address.

Thus, with EFT, negative or limiting beliefs and feelings are given a platform of acceptance. This acceptance seems to create more space and a sense of calm or peace within the psyche. As a result, there appears to be more psychic room within us, in which to be open to new possibilities, preferences, choices, perspectives and ways of being that move us towards resolving our issues.

When working with EFT, you will usually feel relief after doing only a few rounds of tapping. This relief can range from very subtle to dramatic shifts. However, sometimes it takes a while for EFT to “settle in” and you may notice a few hours later or the next day that the problem you had worked on is now completely resolved. So, don’t take score too soon. Relax and allow the process to work for you.

I believe the field of Energy Therapy, of which EFT is a part, is fresh and exciting. I have tried EFT on a wide range of issues and I have had greater results in a shorter amount of time than with any other method that I have used thus far. In my experience, it takes years off of traditional healing and therapy. I believe that EFT is a revolutionary healing tool that will be used more and more in the future. Not long ago I found myself saying to my friend Jennifer, “I always experience a miracle somewhere in my life, when I do EFT.” I wish the same for you.

Step-by-step instructions on how to do the EFT exercises is provided in the following section. A diagram identifying the EFT tapping points can be found on page 20.

INSTRUCTIONS FOR EFT EXERCISES

There is an Example EFT Exercise in the next section that you can practice with after you have read these instructions.

For the EFT exercises we will be tapping lightly on meridian points on the head, face, hands and torso (see diagram of EFT tapping points on page 20) while saying various statements out loud. Each EFT exercise will consist of a **Set-Up Statement** and **3 Rounds of Tapping**.

The **Set-Up Statement** will consist of a limiting or negative belief, called a Reminder Phrase, followed by an affirmation.

Round 1 will focus on the issue or problem by repeating a Reminder Phrase.

Round 2 will focus on the solution by inputting new beliefs, preferences and/or choices that resolve the problem. We will call these New Choice Phrases.

Round 3 alternates the Reminder Phrase with New Choice Phrases. This works beautifully because if or when the negative belief should happen to come up again in your mind, following right behind it will be the awareness of the new belief. Thus, the old belief is now linked with the new belief. This pattern will continue until eventually the old limiting belief dies out and the new belief becomes dominant in your thinking.

Instructions for the Set-Up Statement

While continuously tapping on the karate chop point, (see diagram of EFT tapping points on page 20) with the fingertips of the opposite hand, verbally state out loud the Set-Up Statement as written for the exercise. It doesn't matter which hand you tap on. Repeat the Set-Up Statement three times. An example Set-Up Statement would be something like:

Even though I don't know how EFT really works, I deeply and completely accept myself.

Instructions for Round 1 - Reminder Phrase Sequence

While stating the Reminder Phrase provided for the exercise, starting at the eyebrow point, tap 5-10 times with the tips of the fingers. (In the Example EFT Exercise the Reminder Phrase is, *I don't know how EFT really works.*)

Repeat this procedure at each of the 8 points (see diagram of tapping points on page 20) moving in the order of sequence as listed below.

You can tap on either side of the face and body and/or switch sides for every round of tapping.

Sequence Order of Tapping Points (see diagram on page 20)

- **eyebrow**, tap at the beginning of the eyebrow, above the inner corner of the eye.
- **side of eye**, tap on the bone surrounding the outside of the eye.
- **under eye**, tap on the bone directly under the eye.
- **under nose**, tap on area directly under the nostrils and above the lip.
- **chin**, tap the area between the bottom of the lip and bottom of chin.
- **collarbone**, tap the junction where the collarbone, sternum and rib meet.
- **under arm**, tap vertically on the side of body about 4 inches below the armpit (use all four fingertips for this point).
- **top of head**, tap on crown of the head towards the back (use all four fingertips for this point).

Instructions for Round 2 - New Choice Phrases Sequence

There is a different phrase provided for each of the 8 points in the sequence. Starting at the eyebrow point, tap 5-10 times at each point, while stating the New Choice Phrase listed for each point. (See Example EFT Exercise on page 21.)

Instructions for Round 3 - Alternating Phrases Sequence

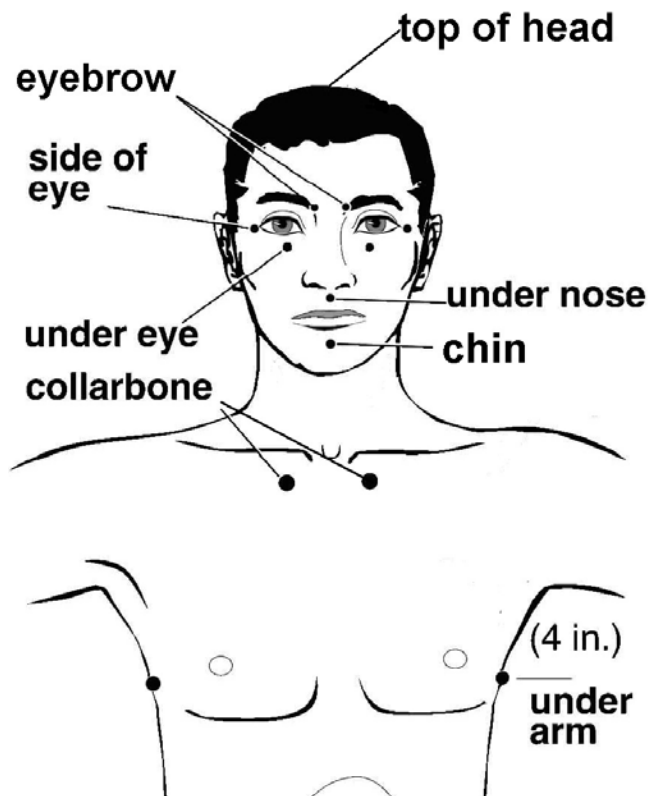
There is a different phrase provided for each of the 8 points in the sequence. Starting at the eyebrow point, tap 5-10 times at each point, while stating the Alternating Phrase provided for each point. (See Example EFT Exercise on page 21.)

Instructions for Deep Breaths and Heart Healing

After completing the three rounds, place your palms, one on top of the other, over your heart and take three deep breaths. Give thanks and appreciate yourself for the work that you just did. Allow your body to further release the energy that is moving through.

Note: Drinking plenty of water, before, during and after doing the EFT exercises will help move and release energy through your system.

EFT TAPPING POINTS



You are now ready to move on to the Example EFT Exercise on page 21.

EXAMPLE EFT EXERCISE

The following Example Exercise will take you step by step through the following:

1. **Set-Up Statement**
2. **Round 1 – Reminder Phrase Sequence**
3. **Round 2 – New Choice Phrases Sequence**
4. **Round 3 – Alternating Phrases Sequence**
5. **Deep Breaths and Heart Healing**

EXAMPLE EXERCISE: I DON'T KNOW HOW TO DO EFT

Set- Up Statement

*(Repeat the **following set-up statement 3 times** while continuously tapping on the **karate chop point**.)*

*Even though **I don't know how to do EFT**, I deeply and completely accept myself.*

Round 1 –Reminder Phrase Sequence

*(Starting at the **eyebrow point**, state **this reminder phrase** at each of the 8 points, while tapping **5-10 times** at each point.)*

I don't know how to do EFT

Round 2 – New Choice Phrases Sequence

(Starting at the eyebrow, tap 5-10 times while stating the phrase provided for the eyebrow point. Move down to the next point in the sequence and tap 5-10 times while stating the phrase provided for that point. Repeat this step at all 8 points.)

(eyebrow) what if it's easier than I think

(side of eye) maybe it will be a breeze to learn

(under eye) I love being open to new things

(under nose) I look forward to learning how to do EFT

(chin) I like learning new things

(collarbone) I like doing new things that help make my life easier

(under arm) I like knowing that EFT will be a benefit to my life

(top of head) I have decided that EFT is going to be fun and easy to learn

Round 3 – Alternating Phrases Sequence

(Starting at the eyebrow, tap 5-10 times while stating the phrase provided for the eyebrow point. Move down to the next point in the sequence and tap 5-10 times while stating the phrase provided for that point. Repeat this procedure at all 8 points.)

(eyebrow) I don't know how to do EFT

(side of eye) I choose to enjoy learning how to do EFT

(under eye) I don't know how to do EFT

(under nose) I love learning new things

(chin) I don't know how to do EFT

(collarbone) I have decided that EFT is going to be fun and easy to learn

(under arm) I don't know how to do EFT

(top of head) I choose to easily learn how to do EFT and to experience the benefits and rewards of using it in my life

Deep Breaths and Heart Healing

Place your palms, one on top of the other, over your heart and take three deep breaths. Give thanks and appreciate yourself for your willingness to do this exercise. Allow your body to further release the energy that is moving through and being reorganized.

Practice with this exercise until you feel comfortable with the EFT process.

PART TWO

ENHANCING SELF-LOVE

*“Cease looking for flowers!
There blooms a garden in your own home.
While you look for trinkets,
the treasure house awaits you in your own being.”*

—Rumi

A Course in Miracles states, “The course does not aim at teaching the meaning of love, for that is beyond what can be taught. It does aim, however, at removing the blocks to the awareness of love’s presence, which is your natural inheritance.” Love is always present. Love is our very being. Many of us do not experience this. What we often experience are the distortions that arise due to the blocked energy of love. Nonetheless, the love that we are is unalterable and intact. In this book we will use EFT to peel away the layers of beliefs that are preventing us from feeling and experiencing our true nature, which is love.

We live in a culture that frequently focuses on tragedy, pain, disaster and what’s gone horribly wrong in the world. Our attention is distracted away from our inner focus to what is happening outside of ourselves. But love cannot be found without. It can only truly be discovered by going within and excavating the treasure that lies within. That treasure is a wellspring of love that is unlimited, boundless, indestructible, soothing, magnificent, beautiful and free. Unearthing and unleashing this love and allowing it to guide your life is your biggest challenge and will be your greatest reward.

When you learn to live inside of your love, your life will begin to sparkle. It’s as if you are on a magic carpet ride being guided to and fro with grace and ease. It takes some getting use to because at first we don’t believe or have prior experience that life can be easy and gentle and fun and kind. But, life is supposed to be easy and fun, no matter what we may have heard to the contrary.

So commit yourself to living inside of your love, feeling your love, extending your love and expressing your love more fully and deeply. In this

way you are being your best self and surely all good things will flow to you as a natural out-picturing of your inner state of love.

*“Love is the immortal flow of energy that nourishes,
extends and preserves. Its eternal goal is life.”*

—Smiley Blanton

What follows are 15 EFT Exercises to help you uncover and release some of the more common blocks to the actualization of love. In addition, there are 5 easy practices that will guide you in expanding and gently integrating love more fully into your life.

EXERCISE 1: I'M AFRAID PEOPLE WON'T LIKE ME

Set-Up Statement

(Repeat the following statement 3 times while tapping on the karate chop point.)

*Even though **I'm afraid people won't like me**, I deeply and completely accept myself.*

Round 1 – Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I'm afraid people won't like me

Round 2 – New Choice Phrases

(Repeat one phrase for each of the 8 points.)

*(eyebrow) **what if I'm really afraid that I don't like myself***

*(side of eye) **maybe I can begin to learn to like myself***

*(under eye) **I don't have the power to decide what others think of me***

*(under nose) **but I do have the power to decide how I feel about myself***

*(chin) **I realize that there is a lot to like about myself***

*(collarbone) **I love changing my mind about this***

*(under arm) **it is other people's business whether they like me or not***

*(top of head) **it is my business to focus on liking myself and I choose to like me***

Round 3 – Alternating Phrases

(Repeat one phrase for each of the 8 points.)

(eyebrow) I'm afraid people won't like me

(side of eye) I choose to mind my own business and learn to like myself

(under eye) I'm afraid people won't like me

(under nose) I choose to find many wonderful things to like and enjoy about myself

(chin) I'm afraid people won't like me

(collarbone) I choose to accept, appreciate and like myself more and more

(under arm) I am feeling so much better about this

(top of head) I love finding more and more reasons to like myself and I choose to allow others to like me too

Deep Breaths and Heart Healing

Place your palms, one on top of the other, over your heart and take three deep breaths. Give thanks and appreciate yourself for your willingness to do this exercise. Allow your body to further release the energy that is moving through and being reorganized.

“If we have a sense of self-love and someone else loves us, we feel, “but of course!”

—Nathaniel Branden

EXERCISE 2: I WORRY ABOUT WHAT OTHERS THINK OF ME

Set-Up Statement

(Repeat the following statement 3 times while tapping on the karate chop point.)

*Even though **I worry about what others think of me**, I deeply and completely accept myself.*

Round 1 – Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I worry about what others think of me

Round 2 – New Choice Phrases

(Repeat one phrase for each of the 8 points.)

*(eyebrow) **I have decided to change my mind about this***

*(side of eye) **this worry is too high a price to pay***

*(under eye) **what matters is what I think of myself***

*(under nose) **I can choose to think whatever I desire about myself***

*(chin) **I choose to begin to think of myself in a good way***

*(collarbone) **I love thinking highly of myself***

*(under arm) **it is fun to think wonderful things about myself***

*(top of head) **I choose to honor myself and acknowledge all of my talents, gifts and abilities***

Round 3 – Alternating Phrases

(Repeat one phrase for each of the 8 points.)

(eyebrow) I worry about what others think of me

(side of eye) I prefer to spend my time thinking fabulous things about myself

(under eye) I worry about what others think of me

(under nose) no I don't, whatever they think of me is their business

(chin) I worry about what others think of me

(collarbone) it feels good to no longer worry about what others think of me

(under arm) I appreciate that this worry has now been transformed

(top of head) I choose to honor and accept my unique beingness and I love thinking wonderful thoughts about myself

Deep Breaths and Heart Healing

Place your palms, one on top of the other, over your heart and take three deep breaths. Give thanks and appreciate yourself for your willingness to do this exercise. Allow your body to further release the energy that is moving through and being reorganized.

“Love is life. And if you miss love, you miss life.”

–Leo Buscaglia

EXERCISE 3: I DON'T LIKE MYSELF

Set-Up Statement

(Repeat the following statement 3 times while tapping on the karate chop point.)

*Even though **I don't like myself**, I deeply and completely accept myself, somehow.*

Round 1 – Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I don't like myself

Round 2 – New Choice Phrases

(Repeat one phrase for each of the 8 points.)

*(eyebrow) **if I don't like myself, then who will***

*(side of eye) **there has to be something to like about myself***

*(under eye) **I think it's time to change this***

*(under nose) **I can see that it's not true anyway***

*(chin) **I can find plenty of reasons to like myself***

*(collarbone) **what if it's easier than I think to like myself***

*(under arm) **I am going to practice liking myself more and more***

*(top of head) **it feels really good to think of reasons to like myself***

Round 3 – Alternating Phrases

(Repeat one phrase for each of the 8 points.)

(eyebrow) I don't like myself

(side of eye) I am beginning to like myself more and more

(under eye) I don't like myself

(under nose) yes, I do

(chin) I don't like myself

(collarbone) I feel so much better when I like myself

(under arm) I'm kind of digging this liking myself

(top of head) I have decided to like myself just because it feels good, and when I feel good I notice that my life unfolds with more grace and ease

Deep Breaths and Heart Healing

Place your palms, one on top of the other, over your heart and take three deep breaths. Give thanks and appreciate yourself for your willingness to do this exercise. Allow your body to further release the energy that is moving through and being reorganized.

“How much longer will you go on letting your energy sleep? How much longer are you going to stay oblivious of the immensity of yourself?”

–Bhagwan Shree Rajneesh

PRACTICE ONE 10 THINGS I LOVE ABOUT ME

*“Think about it, there must be higher love,
down in the heart or hidden in the stars above.
Without it, life is a wasted time,
look inside your heart, I'll look inside mine.”*

—Steve Winwood

Tools

Journal and Pen

Instructions

One of the most important things that we can do is cultivate self-love. Write in your journal ten things that you love about yourself, every day for the next 30 days. Do not repeat any one thing. This will give you the opportunity to look deeper within yourself to discover the treasure that *is* you; the you that you have not been acknowledging. You may include things you love about your body, your mind, your talents, gifts and abilities, your accomplishments, the dreams you have fulfilled, the qualities that you possess and anything else that you can think of. You will be amazed at how wonderful you will feel while doing this practice.

Bonus Practice

Continue to write 10 things that you love about yourself every day. For this bonus practice you may repeat the same things.

EXERCISE 4: I DIDN'T FEEL LOVED BY MY PARENTS

Set-Up Statement

(Repeat the following statement 3 times while tapping on the karate chop point.)

*Even though **I didn't feel loved by my parents**, I deeply and completely accept myself.*

Round 1 – Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I didn't feel loved by my parents

Round 2 – New Choice Phrases

(Repeat one phrase for each of the 8 points.)

*(eyebrow) **holding onto this is costing me too much***

*(side of eye) **I'm tired of feeling unloved***

*(under eye) **maybe it's time to let this go***

*(under nose) **what if I can give myself the love that I didn't feel from my parents***

*(chin) **I can learn to parent myself the way I wanted to be parented***

*(collarbone) **that's a novel idea and it feels very freeing***

*(under arm) **I am feeling so much better about this***

*(top of head) **I have decided to be my own best parents***

Round 3 – Alternating Phrases

(Repeat one phrase for each of the 8 points.)

(eyebrow) I didn't feel loved by my parents

(side of eye) what if doesn't matter now

(under eye) I didn't feel loved by my parents

(under nose) I am still loveable, capable of loving myself and others

(chin) I didn't feel loved by my parents

(collarbone) I have decided to feel loved by my deeper self

(under arm) it feels good to know that I can nurture and parent myself exactly the way I want

(top of head) I choose to do an excellent job of nurturing, pampering and soothing myself whenever I need to

Deep Breaths and Heart Healing

Place your palms, one on top of the other, over your heart and take three deep breaths. Give thanks and appreciate yourself for your willingness to do this exercise. Allow your body to further release the energy that is moving through and being reorganized.

“Love does not dominate; it cultivates.”

–Johann Wolfgang von Goethe

EXERCISE 5: I DON'T FEEL WORTHY OF LOVE

Set-Up Statement

(Repeat the following statement 3 times while tapping on the karate chop point.)

*Even though **I don't feel worthy of love**, I deeply and completely accept myself, anyway.*

Round 1 – Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points)

I don't feel worthy of love

Round 2 – New Choice Phrases

(Repeat one phrase for each of the 8 points.)

*(eyebrow) **feeling unworthy keeps me apart from experiencing love***

*(side of eye) **what if I've been mistaken in my beliefs about worthiness***

*(under eye) **what if I was born worthy***

*(under nose) **what if my worthiness has never been in question***

*(chin) **that changes everything***

*(collarbone) **I have decided to embrace my birthright of worthiness***

*(under arm) **I realize that it is my choice to accept it or not***

*(top of head) **I now choose to accept that I am worthy of love and have always been worthy of love***

Round 3 – Alternating Phrases

(Repeat one phrase for each of the 8 points.)

(eyebrow) I don't feel worthy of love

(side of eye) I have decided to feel worthy of love anyway

(under eye) I don't feel worthy of love

(under nose) I now understand that my worthiness is assured and all that I need to do is to accept it

(chin) I don't feel worthy of love

(collarbone) it is a relief to begin feeling worthy of love and all things good and wonderful

(under arm) I love knowing that we are all worthy and deserving of love, whether we realize it or not

(top of head) I am so glad that I have now made the choice to feel worthy and deserving of love

Deep Breaths and Heart Healing

Place your palms, one on top of the other, over your heart and take three deep breaths. Give thanks and appreciate yourself for your willingness to do this exercise. Allow your body to further release the energy that is moving through and being reorganized.

*“We are all born for love...
it is the principle existence and it's only end.”*

–Disraeli

EXERCISE 6: I DON'T BELIEVE LOVE IS REAL

Set-Up Statement

(Repeat the following statement 3 times while tapping on the karate chop point.)

*Even though **I don't believe love is real**, I deeply and completely accept myself.*

Round 1 – Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I don't believe love is real

Round 2 – New Choice Phrases

(Repeat one phrase for each of the 8 points.)

*(eyebrow) **I am open to changing my mind about this***

*(side of eye) **maybe what I thought was love is not love at all***

*(under eye) **I have heard that love is within each of us***

*(under nose) **if that is so, then maybe love is real***

*(chin) **I am real so the love that is within me must also be real***

*(collarbone) **I have decided to recognize the love that is within me***

*(under arm) **I am opening to a whole new experience of love***

*(top of head) **I feel so much better knowing that love is within me and that it is real***

Round 3 – Alternating Phrases

(Repeat one phrase for each of the 8 points.)

(eyebrow) I don't believe love is real

(side of eye) I love knowing that there is an eternal fountain of love within me and that it is real

(under eye) I don't believe love is real

(under nose) I do now

(chin) I don't believe love is real

(collarbone) I am so happy to have a clearer understanding of what love is

(under arm) it feels good to realize that love is real and within me and always there for me to experience

(top of head) I allow myself to experience the joy of love in my life as my awareness of it deepens and expands more each day

Deep Breaths and Heart Healing

Place your palms, one on top of the other, over your heart and take three deep breaths. Give thanks and appreciate yourself for your willingness to do this exercise. Allow your body to further release the energy that is moving through and being reorganized.

“The only abnormality is the incapacity to love.”

—Anais Nin

PRACTICE TWO OPENING TO LOVE MEDITATION

“The moment you have in your heart this extraordinary thing called love and feel the depth, the delight, the ecstasy of it, you will discover that for you the world is transformed.”

—Jiddu Krishnamurti

The treasure of who we are is within us. Everyone has access to a deeper self within them. This self has been called higher self, inner being, Holy Spirit and the voice within. It doesn't matter what name you give it, it's the experience of it that matters. It can even be called Madge. Personally, I like the name True Love.

Set-up

- Find a quiet, comfortable place where you will be undisturbed
- Play soft, gentle, relaxing music (optional)
- Light a candle (optional)

Instructions

- Read the following script several times
- Sit upright in a comfortable position or lie down
- Take a few deep breaths
- Do the following meditation remembering the script as best you can

Script

Dear True Love (or your preferred name),

I invite you into my experience, into my thoughts and into my prayers. Please guide me in every way. I want to feel you in every cell of my body and every fiber of my being.

Please flood me with your light, your love, your wisdom and your joy. I want to feel you deeply. Please show me how to live inside of your love, which is my love.

Thank you for always being there.

Spend some time allowing yourself to really feel your love. Feel the pulsing energy of it. Feel the waves of love radiating out from within you. Feel yourself being a vortex of love, magnetically drawing to you all that you desire. Bask in the radiance of your love for as long as you want.

EXERCISE 7: I DON'T KNOW HOW TO LOVE MYSELF

Set-Up Statement

(Repeat the following statement 3 times while tapping on the karate chop point.)

*Even though **I don't know how to love myself**, I deeply and completely accept myself anyway.*

Round 1 – Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I don't know how to love myself

Round 2 – New Choice Phrases

(Repeat one phrase for each of the 8 points.)

*(eyebrow) **what if I do know how to love myself***

*(side of eye) **maybe I do it naturally, without realizing it***

*(under eye) **maybe it's as simple as being myself***

*(under nose) **I love changing my mind about this***

*(chin) **I realize that I don't have to know exactly how to love myself***

*(collarbone) **I now see that when I am just being me, then I am loving myself***

*(under arm) **I choose to appreciate and value simply being true to myself, knowing that that is enough***

*(top of head) **it feels good to know that it can be easy to love myself***

Round 3 – Alternating Phrases

(Repeat one phrase for each of the 8 points.)

(eyebrow) I don't know how to love myself

(side of eye) yes, I do

(under eye) I don't know how to love myself

(under nose) it's as simple as being true to myself

(chin) I don't know how to love myself

(collarbone) I love knowing that I AM love

(under arm) I don't know how to love myself

(top of head) I choose to be more and more authentically myself, being aware of my innate ability to love myself

Deep Breaths and Heart Healing

Place your palms, one on top of the other, over your heart and take three deep breaths. Give thanks and appreciate yourself for your willingness to do this exercise. Allow your body to further release the energy that is moving through and being reorganized.

“You love simply because you cannot help it.”

–Kim Anderson

EXERCISE 8: I'M AFRAID TO OPEN MY HEART

Set-Up Statement

(Repeat the following statement 3 times while tapping on the karate chop point.)

*Even though **I'm afraid to open my heart**, I deeply and completely accept myself anyway.*

Round 1 – Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I'm afraid to open my heart

Round 2 – New Choice Phrases

(Repeat one phrase for each of the 8 points.)

*(eyebrow) **I am ready to let go of this fear***

*(side of eye) **what if opening my heart will allow more of the love that is within me to flow into my life***

*(under eye) **if this is so, then it must be safe for me to open my heart***

*(under nose) **I love the idea of allowing more love into my experience***

*(chin) **I choose to open my heart and let love in***

*(collarbone) **I am feeling good about this new decision***

*(under arm) **I now realize that love can be a wonderful, soothing, gentle, healing experience***

*(top of head) **I choose to trust the glorious love that is within me and I open my heart to feel it***

Round 3 – Alternating Phrases

(Repeat one phrase for each of the 8 points.)

(eyebrow) I'm afraid to open my heart

(side of eye) not anymore, I have decided that it is safe to open my heart

(under eye) I'm afraid to open my heart

(under nose) I am so glad that I have let go of this fear

(chin) I'm afraid to open my heart

(collarbone) I choose to trust myself enough to allow more love into my life

(under arm) opening my heart feels so good

(top of head) I am feeling more and more pleasure as I open my heart, feel my love and let it light up my life

Deep Breaths and Heart Healing

Place your palms, one on top of the other, over your heart and take three deep breaths. Give thanks and appreciate yourself for your willingness to do this exercise. Allow your body to further release the energy that is moving through and being reorganized.

“To fear love is to fear life, and those who fear life are already three parts dead.”

—Bertrand Russell

EXERCISE 9: I DON'T HAVE ENOUGH LOVE IN MY LIFE

Set-Up Statement

(Repeat the following statement 3 times while tapping on the karate chop point.)

*Even though **I don't have enough love in my life**, I deeply and completely accept who I am.*

Round 1 – Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I don't have enough love in my life

Round 2 – New Choice Phrases

(Repeat one phrase for each of the 8 points.)

*(eyebrow) **I am ready to change this belief***

*(side of eye) **I now choose to recognize that there is a wellspring of love within me***

*(under eye) **this love is an endless stream***

*(under nose) **there will always be more than enough love for me***

*(chin) **this is so amazing because it is free and always available to me whenever I choose to open to it***

*(collarbone) **I now realize that I am so blessed***

*(under arm) **I appreciate that there is an abundance of love right here, with me all of the time***

*(top of head) **I love knowing that there is always enough love for me***

Round 3 – Alternating Phrases

(Repeat one phrase for each of the 8 points.)

(eyebrow) I don't have enough love in my life

(side of eye) I now realize that I was mistaken

(under eye) I don't have enough love in my life

*(under nose) I am delighted to know that love has been here all along,
waiting for me to feel its presence*

(chin) I don't have enough love in my life

(collarbone) yes, I do

*(under arm) I love knowing that there is an endless ocean of love and
that there is always more than enough love for me and for everyone*

*(top of head) I choose to feel more and more the boundless fountain of
love that is permeating every aspect of my life and being*

Deep Breaths and Heart Healing

Place your palms, one on top of the other, over your heart and take three deep breaths. Give thanks and appreciate yourself for your willingness to do this exercise. Allow your body to further release the energy that is moving through and being reorganized.

*“Someday, after mastering the winds, the waves, the tides and gravity,
we shall harness for God the energies of love, and then, for a second
time in the history of the world, man will have discovered fire.”*

—Pierre Teilhard de Chardin

PRACTICE THREE SILLY LOVE SONGS

*“You'd think that people would have had enough of silly love songs.
But I look around me and I see it isn't so.
Some people want to fill the world with silly love songs.
And what's wrong with that?
I'd like to know, 'cause here I go again.
I love you, I love you,
I love you, I love you.”*

–Paul McCartney

There was a time when I felt embarrassed to enjoy singing love songs. But one day Byron Katie said to me, you know if you sing them to yourself then it makes perfect sense. So instead of singing it to someone else or imagining someone singing it to you, imagine that you are singing to yourself.

Now, I revel in singing my favorite love songs to myself. It has helped me to feel love more deeply and to feel how much I am loved by Me. Give it a try.

Here are some of my favorite silly love songs:

Because You Loved Me – Celine Dion

I Do (Cherish You) – 98 Degrees

It's Your Love – Faith Hill & Tim McGraw

I Want to Know What Love is – Foreigner

Baby I Love Your Way – Peter Frampton

Lean on Me – Bill Withers

You Are So Beautiful – Joe Cocker

Someone Like You – Van Morrison

You Sang to Me – Mark Anthony

You've Got a Way – Shania Twain

Have I Told You Lately – Rod Stewart

Truly, Madly, Deeply – Savage Garden

Beautiful Soul – Jesse McCartney

Eternal Flame – Bangles

The Greatest Love of All – Whitney Houston

I Turn to You – Christina Aguilera

Music is one of those wonderful things that can transport us into many different states. Listening to music that uplifts and inspires us is a great way to open ourselves to the experience of love and joy. When you find music that touches your soul, play it often and sometimes loud.

EXERCISE 10: NO ONE UNDERSTANDS ME

Set-Up Statement

(Repeat the following statement 3 times while tapping on the karate chop point.)

*Even though **no one understands me**, I deeply and completely accept myself.*

Round 1 – Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

no one understands me

Round 2 – New Choice Phrases

(Repeat one phrase for each of the 8 points.)

*(eyebrow) **what if no one really understands anyone***

*(side of eye) **I'm not sure I really understand myself***

*(under eye) **we are all constantly changing anyway which is good***

*(under nose) **maybe understanding myself or others is not as important as accepting myself and others***

*(chin) **I think I will learn to accept myself, even if I don't fully understand myself***

*(collarbone) **it might also be fun to learn to accept others, even if I don't always understand them***

*(under arm) **maybe it's all okay, even if no one really understands me***

*(top of head) **it is so empowering to love and accept myself, whether or not anyone understands me***

Round 3 – Alternating Phrases

(Repeat one phrase for each of the 8 points.)

(eyebrow) no one understands me

(side of eye) what if it really doesn't matter if anyone understands me

(under eye) no one understands me

(under nose) that's okay, I accept myself as I am

(chin) no one understands me

(collarbone) I am so glad that this no longer matters

(under arm) I am having fun learning to accept myself, no matter what

(top of head) I choose to love and accept myself, even if no one understands me

Deep Breaths and Heart Healing

Place your palms, one on top of the other, over your heart and take three deep breaths. Give thanks and appreciate yourself for your willingness to do this exercise. Allow your body to further release the energy that is moving through and being reorganized.

“O Divine Master, grant that I may not so much seek to be understood, as to understand.”

—St. Francis of Assisi

EXERCISE 11: I FEEL ISOLATED AND ALONE

Set-Up Statement

(Repeat the following statement 3 times while tapping on the karate chop point.)

*Even though **I feel isolated and alone**, I deeply and completely accept myself anyway.*

Round 1 – Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I feel isolated and alone

Round 2 – New Choice Phrases

(Repeat one phrase for each of the 8 points.)

*(eyebrow) **I can always call on my Inner Being to commune with me***

*(side of eye) **when I do, I never feel alone***

*(under eye) **my Inner Being is always there for me***

*(under nose) **I love knowing that I always have an internal companion***

*(chin) **it is wonderful to nurture my relationship with my Inner Being***

*(collarbone) **as I do this I will be an irresistible magnet drawing others to me***

*(under arm) **I love that my Inner Being is always available to me, eager to be my friend***

*(top of head) **it is awesome to realize that I am never really isolated or alone***

Round 3 – Alternating Phrases
(Repeat one phrase for each of the 8 points.)

(eyebrow) *I feel isolated and alone*

(side of eye) *not anymore*

(under eye) *I feel isolated and alone*

(under nose) *I am so glad that I have resolved this issue*

(chin) *I feel isolated and alone*

(collarbone) *I love knowing that I have a best friend in my Inner Being*

(under arm) *I love communing with and feeling at One with my deeper self*

(top of head) *it is a relief to know that I am never alone, for I always have my Inner Being to love and guide me and be my friend*

Deep Breaths and Heart Healing

Place your palms, one on top of the other, over your heart and take three deep breaths. Give thanks and appreciate yourself for your willingness to do this exercise. Allow your body to further release the energy that is moving through and being reorganized.

“You cannot be lonely if you like the person you're alone with.”

– Wayne Dyer

EXERCISE 12: I FEEL LIKE DON'T FIT IN

Set-Up Statement

(Repeat the following statement 3 times while tapping on the karate chop point.)

*Even though **I feel like I don't fit in**, I deeply and completely accept myself.*

Round 1 – Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I feel like I don't fit in

Round 2 – New Choice Phrases

(Repeat one phrase for each of the 8 points.)

*(eyebrow) **what if I do fit in***

*(side of eye) **I always feel at home with my Inner Being***

*(under eye) **I realize that I do fit in with myself and I recognize and feel how wonderful that is***

*(under nose) **I choose to begin to tell a different story about this***

*(chin) **I now recognize some of the ways in which I do fit in***

*(collarbone) **I love acknowledging that this is so***

*(under arm) **I choose to appreciate the places where I feel like I do fit in***

*(top of head) **I love knowing that I will always fit in with myself and I become more aware of all the ways in which I really do fit in***

Round 3 – Alternating Phrases

(Repeat one phrase for each of the 8 points.)

(eyebrow) I feel like I don't fit in

(side of eye) I love fitting in with myself

(under eye) I feel like I don't fit in

(under nose) I choose to be happy fitting in with myself

(chin) I feel like I don't fit in

(collarbone) I now recognize and appreciate all the ways that I do fit in

(under arm) it feels good to no longer be concerned about this

(top of head) I feel the joy and pleasure of fitting in with myself and I relax as I watch my relationship with others unfold to reflect this new way of being

Deep Breaths and Heart Healing

Place your palms, one on top of the other, over your heart and take three deep breaths. Give thanks and appreciate yourself for your willingness to do this exercise. Allow your body to further release the energy that is moving through and being reorganized.

“Love is love's reward.”

–John Dryden

“If one wishes to know love, one must live love, in action.”

—Leo Buscaglia

We actually experience our love more tangibly when we extend love to another. In light of this, one of the ways that we can experience love more deeply is to find an object of our affection upon which to shower our love. By showering our love onto another, we are showering love onto ourselves. In this way we truly feel the power and immensity of the love that we are.

Instructions

Choose someone whom you can express great affection towards on a continuous basis. If it's too uncomfortable to choose a person, then choose an animal or a pet as your object of affection as a first step to this practice. Outwardly demonstrate your love to the object of your affection in the form of smiles, loving touches and hugs, words of kindness, praise and loving support of their dreams. Express your joy in them in the form of letters, emails, phone calls, gifts, etc. Use your wonderful imagination to express your love. Let your love flow freely to the object of your desire.

Notice how you feel when you consciously direct your love to this person and to others. Write about these experiences in a journal. When you feel confident and comfortable expand this practice to as many others as you can.

“Love grows by giving. The love we give away is the only love we keep. The only way to retain love is to give it away.”

—Elbert Hubbard

EXERCISE 13: THEY TOLD ME I WASN'T GOOD ENOUGH

For this issue, think of a specific event where someone told you that you weren't good enough. Or think of an event where you received a bad grade or a low score and in that it was implied that you weren't good enough. Do the following exercise, repeating the words as written, but with your specific event held in your awareness.

Set-Up Statement

*(Repeat the following statements while tapping on the **karate chop point**.)*

*Even though **they told me I wasn't good enough**, I deeply and completely accept myself anyway... Even though **they told me I wasn't good enough**, I deeply and completely accept who I am... Even though **they told me I wasn't good enough**, I choose to begin to tell a different story about this.*

Round 1 – Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

they told me I wasn't good enough

Round 2 – New Choice Phrases

(Repeat one phrase for each of the 8 points.)

(eyebrow) maybe they thought they were helping me

(side of eye) what if it turns out that it was just their opinion

(under eye) everyone is entitled to their opinion and so I am

(under nose) I now realize that I don't have to agree with their opinion

(chin) I can choose to decide for myself who I am

(collarbone) I choose to believe that my very existence qualifies me as being good enough

(under arm) I now remember that I am not here to prove my worthiness, for it is a given

(top of head) I love knowing that I was born good enough and that I am here to experience joy

Round 3 – Alternating Phrases

(Repeat one phrase for each of the 8 points.)

(eyebrow) they told me I wasn't good enough

(side of eye) I choose to begin to tell a different story about this

(under eye) they told me I wasn't good enough

(under nose) I have decided to feel good about myself, regardless of what others have said or thought about me

(chin) they told me I wasn't good enough

(collarbone) it feels wonderful to embrace a new, more loving choice to respect what I think about myself above all else

(under arm) I love knowing that I am good enough just because I am me

(top of head) I choose to embrace my birthright of being more than good enough and I honor my brilliance and magnificence

Deep Breaths and Heart Healing

Place your palms, one on top of the other, over your heart and take three deep breaths. Give thanks and appreciate yourself for your willingness to do this exercise. Allow your body to further release the energy that is moving through and being reorganized.

*“One word frees us of all the weight and pain in life,
that word is love.”*

—Socrates

EXERCISE 14: I DON'T BELIEVE I'M SMART/THIN/RICH ENOUGH

Most everyone thinks that they are not enough in some way; not thin enough, tall enough, smart enough, beautiful enough or rich enough, etc. What is your self-talk in this regard? In what way do you think you are not enough? Hold this specific way of how you don't believe that you are enough in your mind, while you do the following exercise.

Borrowing Benefits

For this exercise, I have written the script for the specific issue of ***I don't believe I'm thin enough***. Do the exercise repeating the script exactly as it is written, while at the same time keeping in mind your specific issue (if it is different than the issue of not being thin enough). This is called borrowing benefits, which means that you can still gain the benefits of doing this EFT exercise even if the words and phrases as written do not exactly match your specific issue. Just continue to hold your specific issue in your awareness while doing the exercise and amazingly your specific issue will also be transformed.

Set-Up Statement

(Repeat the following statement 3 times while tapping on the karate chop point.)

*Even though **I don't believe I'm thin enough**, I deeply and completely accept myself anyway.*

Round 1 – Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I don't believe I'm thin enough

Round 2 – New Choice Phrases

(Repeat one phrase for each of the 8 points.)

(eyebrow) what if I am thin enough for me

(side of eye) this is my life and I get to decide if I am thin enough

(under eye) I have decided to accept myself and my body exactly as it is

(under nose) I like feeling good about my body no matter what size or shape it is

(chin) I choose to love my body and allow it to love me back

(collarbone) I choose to focus on the wonderful things that I love about my body

(under arm) I give thanks for having a healthy body that functions well and allows me to experience glorious life in this realm

(top of head) I choose to trust my body's intelligence to bring itself in harmony and balance to its most natural size and shape, and that is more than good enough for me

Round 3 – Alternating Phrases
(Repeat one phrase for each of the 8 points.)

(eyebrow) *I don't believe I'm thin enough*

(side of eye) *I love making my own decisions and I have decided to appreciate my body exactly as it is*

(under eye) *I don't believe I'm thin enough*

(under nose) *I choose to feel good about my body no matter what size or shape it is*

(chin) *I don't believe I'm thin enough*

(collarbone) *I am so glad that I am seeing this differently now*

(under arm) *I choose to love, honor, respect and accept the awesomeness of my body*

(top of head) *I give thanks for the miracle of my body and I appreciate this body that I have*

Deep Breaths and Heart Healing

Place your palms, one on top of the other, over your heart and take three deep breaths. Give thanks and appreciate yourself for your willingness to do this exercise. Allow your body to further release the energy that is moving through and being reorganized.

Bonus Exercise

Do the exercise again, but this time come up with your own words and phrases that more specifically addresses your issue. This will give you an opportunity to begin to design your own EFT exercises. Be relaxed about it and trust your inner wisdom to guide you.

*“Give sorrow words: the grief that does not speak
whispers the o'er fraught heart, and bids it break.”*

–William Shakespeare

EXERCISE 15: I FEEL SHAME ABOUT MY PAST

For this issue, think of a specific event from your past that you feel shame about; the more specific, the better. Play a short movie of the event in your mind. Now, zero in on the moment that was most intense or upsetting about the event. If you had to come up with a title for the most intense moment in the movie, what would it be?

Next, do the following EFT Exercise repeating the words as written, but with the specific upset about this event in your awareness. Use the title that you came up with to have it fresh in your mind.

Instead of the usual three rounds of tapping, we will do an extended version of four rounds of tapping. Just follow the script below.

Set-Up Statement

*(Repeat the following statement 3 times while tapping on the **karate chop point**.)*

*Even though **I feel shame about my past**, I choose to deeply and completely accept myself, somehow.*

Round 1 – Reminder Phrase

(Repeat one phrase for each of the 8 points.)

(eyebrow) *this shame about my past*

(side of eye) *this shame about my past*

(under eye) *this terrible shame*

(under nose) *it's been there a long time*

(chin) *it's like an old friend*

(collarbone) *this awful shame about my past*

(under arm) *it's got it's claws in me*

(top of head) *this awful shame*

Round 2 – New Choice Phrases

(Repeat one phrase for each of the 8 points.)

(eyebrow) *maybe I have been a harsh critic*

(side of eye) *judging myself unmercifully*

(under eye) *maybe it's time to let myself off the hook*

(under nose) *the event is past, but I'm still hanging on to this shame*

(chin) *I'm still paying the price and it's too high a price to pay*

(collarbone) *it's hard to be my best self when I continue to hold on to this shame*

(under arm) *maybe it's a loving thing to let this shame go*

(top of head) *I'm giving up this shame*

Round 3 – New Choice Phrases

(Repeat one phrase for each of the 8 points.)

(eyebrow) maybe continuing to punish myself is not the best solution

(side of eye) what if I did the best I could at the time with what I knew

(under eye) what if my best really was good enough at the time

(under nose) I have decided to let this shame go

(chin) there's a bigger part of me that knows that I am beautiful and loveable, regardless of my past

(collarbone) I now choose to let this bigger part of me win

(under arm) I choose to trust myself to make choices that feel good now that I am wiser and have more experience

(top of head) I choose to appreciate myself and allow the love that is inside of me to flood me with its wisdom, kindness and sweetness

Round 4 – Alternating Phrases

(Repeat one phrase for each of the 8 points.)

(eyebrow) this remaining shame

(side of eye) I choose to release this remaining shame

(under eye) this remaining shame

(under nose) I choose to love myself enough to let this go and open to fresh life

(chin) this remaining shame

(collarbone) I choose to let the bigger part of me win and allow it to show me that I am deserving of peace, love and happiness

(under arm) I am relieved that this is behind me

(top of head) I choose to appreciate myself and with my new found knowledge and wisdom I look forward to bringing more light and joy into my life and into the world

Deep Breaths and Heart Healing

Place your palms, one on top of the other, over your heart and take three deep breaths. Give thanks and appreciate yourself for your willingness to do this exercise. Allow your body to further release the energy that is moving through and being reorganized.

“It is only those who do nothing that make no mistakes, I suppose.”

—Joseph Conrad

“Where there is love, there is life.”

—Mohandas Gandhi

When we ask ourselves questions, our mind goes looking for the answers. If you were to ask, “Why do bad things always happen to me?” your mind would search for and find reasons why bad things happen to you. If you were to ask, “Why do good things always happen to me?” your mind will look for and find reasons why good things happen to you. The mind wants to serve us. It doesn’t distinguish between good and bad. It simply does our bidding. Because many of us are not aware of how the mind works, we have simply been asking ourselves the wrong type of questions, questions that really don’t serve us. We can change that by training ourselves to ask the type of questions that will solicit our minds to search for and find the kind information that will assist us in optimally living the best life that we can imagine.

Instructions

In this fun practice, we will ask ourselves the kind of questions that will support us in receiving insights and guidance on how to best fulfill our dreams and desires. When you wake up in the morning, ask yourself the following questions listed below. Check in with yourself a couple of times during the day and ask the questions again. Through out the day, notice what responses and ideas come to you. Pay attention to the ways in which you receive the answers. Write down the insights you have received and follow through on the guidance that feels most appropriate. You will be amazed at how well this works.

How can I experience my love to the fullest?

Why is love my greatest gift?

When do I feel the most loving?

How can I best share my love with others?

What is the most loving thing that I can do for myself right now?

What do I love most about myself?

What am I thinking or doing that is preventing me from being my most loving self and how can I transform it?

Am I willing to be a vortex for love in the world?

How can I best be a demonstration of love in the world?

Why do I deeply and profoundly love, honor, cherish, treasure and adore myself so much?

Bonus Practice

Create your own questions on Love.

PART THREE

ENHANCING ABUNDANCE

In Part Two, we did 15 EFT Exercises to clear some of the blocks to experiencing love. We have come a long way towards increasing our awareness of love, but there is always more love to allow into our lives. Choosing for love is a moment to moment decision that becomes easier when we become more stable in experiencing the radiance of our own love.

When we bask inside of our own love, we are like tuning forks or magnets drawing to us all that has a similar resonance. Whenever we feel love within, our thinking becomes a natural by-product of our feelings of love. Without much effort our thoughts begin to reflect and support us in continuing to create an abundant life. That is why I recommend expanding our experience of self-love as a foundation to enjoying abundance. It's much easier to tune into love and have the beliefs follow from that feeling than it is to wrangle with limiting beliefs without the anchor of love connecting us to our true selves.

However, in those moments when we are feeling pain, despair, doubt, fear or any other negative emotion, it can sometimes be difficult to climb out of that energy into more expansive feelings of love and joy. Thus, it is useful to continue to work towards releasing limiting beliefs that block us from being who we truly are. EFT is an amazing tool because it meets us wherever we are on the emotional scale. With EFT we express and accept exactly what we are feeling and this acceptance creates a space of peace, which in turns opens us up to the possibility of new choices and ways of thinking. With EFT we can safely and gently soothe ourselves back into alignment with our true nature, which is love.

Abundance is the experience of moving through life and in the moment that you need something, it is there. Abundance is like a free flowing river, moving here and there, adjusting naturally to life's unfolding events. Abundance is a feeling of fullness, clarity and the certainty that all is well and that life will continually unfold with grace and ease.

Abundance is all around us; it is the air we breathe, peace of mind, clarity, space, understanding, money, freedom, radiant health, wonderful relationships, the food we eat, time to relax, creative expression, avenues to contribute to the world through work and artistry, beauty all around us in

nature, animal companions, and modern conveniences that make our lives flow easier like running water, indoor plumbing, computers, jets and other efficient forms of travel, the internet and various others modes of communication. There is so much abundance, more than we ever realize.

“Abundance is not something we acquire. It is something we tune into.”

—Wayne Dyer

We never know what we may need in any given moment of life. But when we are tuned into abundance we know that who we are is sufficient to meet whatever life circumstances come our way. We are the magnetic power that will attract to us all that we need. It is not objects or things that are the measure of an abundant life; rather it is the recognition and acceptance of the magnificence of our very beingness. It is our relationship with ourselves that will determine our relationship with others and how we will meet whatever life puts in our path.

In this part of the book, we will use EFT to focus on enhancing abundance in our lives. What follows are 26 EFT Exercises to help us uncover and release some of the more common beliefs that limit us from experiencing the endless abundance that is our birthright. There are also 5 fun practices that will help us tune into and allow even more abundance into our experience.

Let's tune into abundance now.

EXERCISE 16: MONEY IS THE ROOT OF ALL EVIL

Set-Up Statement

*(Repeat the following statements while tapping on the **karate chop point**.)*

*Even though I believe that **money is the root of all evil**, I deeply and completely accept who I am... Even though I believe that **money is the root of all evil**, I deeply and completely love and accept all of my thoughts and feelings... Even though I believe that **money is the root of all evil**, I choose to be open to a new way of thinking about money.*

Round 1 – Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

money is the root of all evil

Round 2 – New Choice Phrases

(Repeat one phrase for each of the 8 points.)

(eyebrow) what if not knowing the truth of who we are is the root of all living backwards (evil)

(side of eye) maybe money, like all things, is neutral

(under eye) I now recognize that it is my beliefs about money that determine my experiences of it

(under nose), I now choose to change this limiting belief about money

(chin) what if we are all meant to have an abundance of money

(collarbone) I recognize all the ways that money has blessed my life

(under arm) I have decided to feel good about money in my life

(top of head) I love acknowledging all of the many ways that money has been used for good on this planet

Round 3 – Alternating Phrases

(Repeat one phrase for each of the 8 points.)

(eyebrow) money is the root of all evil

(side of eye) no, it's not

(under eye) money is the root of all evil

(under nose) being disconnected from Source is the root of all evil

(chin) money is the root of all evil

(collarbone) I now recognize the extent to which money has been a blessing in my life

(under arm) I love knowing that it is possible to be joyful in all aspects regarding money

(top of head) I am so glad that I am now choosing to be joyful and appreciative of money

Deep Breaths and Heart Healing

Place your palms, one on top of the other, over your heart and take three deep breaths. Give thanks and appreciate yourself for your willingness to do this exercise. Allow your body to further release the energy that is moving through and being reorganized.

*“He had heard people speak contemptuously of money:
he wondered if they had ever tried to do without it.”*

–W. Somerset Maugham

“Money is better than poverty, if only for financial reasons.”

–Woody Allen

EXERCISE 17: MONEY IS NOT SPIRITUAL

Set-Up Statement

(Repeat the following statement 3 times while tapping on the karate chop point.)

*Even though I believe that **money is not spiritual**, I deeply and completely love and accept myself anyway.*

Round 1 – Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

money is not spiritual

Round 2 – New Choice Phrases

(Repeat one phrase for each of the 8 points.)

*(eyebrow) **says who***

*(side of eye) **all things originate from spirit including money***

*(under eye) **I now choose to release this split in my mind about money***

*(under nose) **I love feeling at one and congruent with money***

*(chin) **I love the idea that having money can be a spiritual and beautiful thing***

*(collarbone) **I acknowledge that money is an asset in my life***

*(under arm) **I appreciate all the money that is flowing into my life***

*(top of head) **I choose to recognize that money is a God-given resource***

Round 3 – Alternating Phrases

(Repeat one phrase for each of the 8 points.)

(eyebrow) money is not spiritual

(side of eye) I love remembering that money is a God-given resource

(under eye) money is not spiritual

(under nose) yes it is

(chin) money is not spiritual

(collarbone) I am so relieved that this belief is now in the past

(under arm) I appreciate all the ways that money is used to bless this world

(top of head) I choose to realize that money is a wonderful resource that can help enrich our lives and supports us in the fruition of our dreams

Deep Breaths and Heart Healing

Place your palms, one on top of the other, over your heart and take three deep breaths. Give thanks and appreciate yourself for your willingness to do this exercise. Allow your body to further release the energy that is moving through and being reorganized.

“It is a kind of spiritual snobbery that makes people think they can be happy without money.”

–Albert Camus

EXERCISE 18: MONEY MAKES PEOPLE DO AWFUL THINGS

Set-Up Statement

(Repeat the following statement 3 times while tapping on the karate chop point.)

*Even though I believe that **money makes people do awful things**, I deeply and completely love and accept myself.*

Round 1 – Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

money makes people do awful things

Round 2 – New Choice Phrases

(Repeat one phrase for each of the 8 points.)

(eyebrow) maybe money is a smoke screen for a deeper problem

(side of eye) people probably do awful things because they are afraid

(under eye) no one ever does anything harmful unless they are disconnected from Source

(under nose) it's not the money that is the cause, it's fear

(chin) I am feeling better about this already

(collarbone) I choose to remember that fear is dispelled whenever I go within and ask my inner being to guide me

(under arm) I choose to trust myself to have more money knowing that my inner light will guide me in handling it

(top of head) it feels good to have worked through this issue

Round 3 – Alternating Phrases

(Repeat one phrase for each of the 8 points.)

(eyebrow) money makes people do awful things

(side of eye) money doesn't make people do awful things, fear does

(under eye) money makes people do awful things

(under nose) I now realize that this is not so

(chin) money makes people do awful things

(collarbone) I am so happy that this constricted thinking has been transformed

(under arm) it feels so good to now trust myself enough to allow even more money into my life and to enjoy it

(top of head) I love being a vortex for money trusting my inner light to guide me on how best to spend and use it lovingly and wisely

Deep Breaths and Heart Healing

Place your palms, one on top of the other, over your heart and take three deep breaths. Give thanks and appreciate yourself for your willingness to do this exercise. Allow your body to further release the energy that is moving through and being reorganized.

“The acquisition of riches has been to many not an end to their miseries, but a change in them: The fault is not in the riches, but the disposition.”

—Seneca

EXERCISE 19: RICH PEOPLE ARE GREEDY

Set-Up Statement

*(Repeat the following statement 3 times while tapping on the **karate chop point**.)*

*Even though I think **rich people are greedy**, I deeply and completely love and accept myself anyway.*

Round 1 – Reminder Phrase

(Repeat one phrase for each of the 8 points.)

*(eyebrow) **rich people are greedy***

*(side of eye) **rich people are greedy***

*(under eye) **they take more than their fair share***

*(under nose) **they take all the money away from everyone else***

*(chin) **rich people are greedy***

*(collarbone) **how can they take so much when so many people are starving around the world***

*(under arm) **rich people are greedy***

*(top of head) **I don't want to be seen as greedy***

Round 2 – New Choice Phrases
(Repeat one phrase for each of the 8 points.)

(eyebrow) *greed is not exclusive to rich people*

(side of eye) *what if everyone could have as much money as they wanted*

(under eye) *would greed even be an issue*

(under nose) *greed is only an issue when there is the belief in scarcity and lack*

(chin) *but we live in a Universe where there is an endless, unlimited supply*

(collarbone) *we are all entitled to as much or as little as we ask for and are able to allow ourselves to receive*

(under arm) *I think it might be fun to be rich – it would sure give me the opportunity to do lots of wonderful things for myself and others*

(top of head) *I have now decided that it is okay to be rich*

Round 3 – Alternating Phrases

(Repeat one phrase for each of the 8 points.)

(eyebrow) rich people are greedy

(side of eye) I am so glad that greed is no longer an issue for me

(under eye) rich people are greedy

(under nose) it feels good to let go of this belief

(chin) I now recognize that rich people are just people, like you and me

(collarbone) I now know that it is safe for me to be rich if I so choose it

(under arm) I love the idea of being a joyful, happy rich person who is comfortable with money

(top of head) I choose to be a great example of someone who easily allows riches into their life and generously shares them with others

Deep Breaths and Heart Healing

Place your palms, one on top of the other, over your heart and take three deep breaths. Give thanks and appreciate yourself for your willingness to do this exercise. Allow your body to further release the energy that is moving through and being reorganized.

“Don't knock the rich. When did a poor person give you a job?”

—Laurence J. Peter

PRACTICE SIX APPRECIATION LOG or JOURNAL

“Whatever we are waiting for - peace of mind, contentment, grace, the inner awareness of simple abundance - it will surely come to us, but only when we are ready to receive it with an open and grateful heart.”

—Sarah Ban Breathnach

Instructions

Every day write 5-10 things that you appreciate about your life. I keep a log on my computer, but you can also write it freehand in a notebook or journal. Doing this every day gets you in the habit of looking for and being aware of all the abundance you already have in your life.

Here are some of my favorite things to appreciate:

I appreciate running water and indoor plumbing

I appreciate having electrical power for my many appliances

I appreciate my computer and printer

I appreciate having 24-hour internet access

I appreciate having our garbage and trash picked up twice a week

I appreciate the roses in our front flower bed

I appreciate my cats Scout and Miss Holly

I appreciate how much I learn from my nephew Charlie

I appreciate how well my body functions

I appreciate my agile mind.

I appreciate living a short distance from the ocean

I appreciate having time to write and meditate

I appreciate my warm, comfortable and cozy bed

I appreciate Japanese food

I appreciate all of the money that flows in and out of my life

EXERCISE 20: MONEY IS HARD TO GET

Set-Up Statement

(Repeat the following statement 3 times while tapping on the karate chop point.)

*Even though I believe that **money is hard to get**, I deeply and completely love and accept myself.*

Round 1 – Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

money is hard to get

Round 2 – New Choice Phrases

(Repeat one phrase for each of the 8 points.)

*(eyebrow) **holding on to this belief is costing me too much***

*(side of eye) **what if it's really not hard to get money***

*(under eye) **deep down I know that there is an easier way to attract money into my life***

*(under nose) **I choose to open to a new experience of money that is kinder, gentler and easier***

*(chin) **I've seen and heard of others who have managed to draw money to themselves in seemingly easy ways***

*(collarbone) **so I know that it is possible***

*(under arm) **I now open to the possibility of allowing money to flow more easily into my life experience***

*(top of head) **I love believing that money can be easy to obtain***

Round 3 – Alternating Phrases
(Repeat one phrase for each of the 8 points.)

(eyebrow) *money is hard to get*

(side of eye) *I have decided to change my mind about this*

(under eye) *this remaining belief that money is hard to get*

(under nose) *I am beginning to feel more easy about money*

(chin) *this remaining belief that money is hard to get*

(collarbone) *I appreciate that I now have a new view about money – one that allows acquiring money to be easy and comfortable for me*

(under arm) *I choose to have fun coming up with clever and creative ways to easily attract more money to me*

(top of head) *I love the feeling of money being easy and I look forward to experiencing some of the ways that it can easily flow into my life*

Deep Breaths and Heart Healing

Place your palms, one on top of the other, over your heart and take three deep breaths. Give thanks and appreciate yourself for your willingness to do this exercise. Allow your body to further release the energy that is moving through and being reorganized.

“In the morning when you wake up none of you stand on your porch frantically breathing in because you are afraid that later in the day there will be scarcity of air. You breathe in and you breathe out and think nothing of it. What we want to get you to understand is that it is the same thing as dollars (or anything else). There is no need to go out and hold your breath in an attempt to hold onto the air in case there is a later lack. You are all MUCH closer to a financial fortune right now than you are willing to dream about for fear that you will be disappointed if it does not come.”

–Abraham-Hicks

EXERCISE 21: THERE'S NOT ENOUGH MONEY TO GO AROUND

Set-Up Statement

(Repeat the following statement 3 times while tapping on the karate chop point.)

*Even though I believe **there's not enough money to go around**, I deeply and completely love and accept myself.*

Round 1 – Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

there's not enough money to go around

Round 2 – New Choice Phrases

(Repeat one phrase for each of the 8 points.)

(eyebrow) thinking this thought does not feel good

(side of eye) I choose to think something else instead

(under eye) what about, this is an abundant Universe

(under nose) there is a never-ending, steady supply of money and riches available to anyone who can imagine and allow themselves to have it

(chin) I choose to spend more time focusing on the abundant nature of this Universe - nature, the air I breathe, ideas, music, animals, etc.

(collarbone) I choose to notice all of the abundance surrounding me

(under arm)) I have decided to imagine, dream and practice playing with thoughts and feelings that feel expansive and uplifting

(top of head) it feels good to know that there is no limit on the amount of money that the Universe can supply

Round 3 – Alternating Phrases

(Repeat one phrase for each of the 8 points.)

(eyebrow) there's not enough money to go around

(side of eye) I now see the error in this thinking

(under eye) there's not enough money to go around

(under nose) yes there is

(chin) there's not enough money to go around

(collarbone) this is a fruitful and bountiful Universe that is capable of fulfilling everyone's needs and desires

(under arm) there is no limit to what this Universe can deliver if asked for and allowed

(top of head) I love knowing that there is more than enough money to go around many times over, for everyone

Deep Breaths and Heart Healing

Place your palms, one on top of the other, over your heart and take three deep breaths. Give thanks and appreciate yourself for your willingness to do this exercise. Allow your body to further release the energy that is moving through and being reorganized.

“The universe is full of magical things patiently waiting for our wits to grow sharper.”

–Eden Phillpotts

EXERCISE 22: MONEY HAS TO BE EARNED

Set-Up Statement

*(Repeat the following statements while tapping on the **karate chop point**.)*

*Even though I believe that **money has to be earned**, I deeply and completely accept who I am... Even though I believe that **money has to be earned**, I deeply and completely accept myself anyway... Even though I believe that **money has to be earned**, I choose to be open to seeing this differently.*

Round 1 – Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

money has to be earned

Round 2 – New Choice Phrases

(Repeat one phrase for each of the 8 points.)

(eyebrow) what if money really doesn't have to be earned

(side of eye) then this belief is cutting me off from others ways of receiving money

(under eye) earning it is just one way, but there must be other ways of receiving money

(under nose) maybe it really is natural for money to come to me from a variety of sources in a variety of ways

(chin) I have heard of people winning it, inheriting it, finding it and being given money as a gift, free and clear

(collarbone) I bet that there are lots of other ways of receiving unearned money that I have never even heard about

(under arm) I love seeing this in a new light

(top of head) I choose to love myself enough to allow money to flow to me without necessarily having to earn it

Round 3 – Alternating Phrases

(Repeat one phrase for each of the 8 points.)

(eyebrow) money has to be earned

(side of eye) I see clearly now that money doesn't necessarily have to be earned

(under eye) money has to be earned

(under nose) I am glad that I have let this belief go

(chin) money has to be earned

(collarbone) I choose to allow myself to receive money in a number of ways from a multitude of sources

(under arm) I love knowing that money can come to me even without earning it

(top of head) I choose to appreciate and be open to all the ways that money can flow to me in expected and delightfully unexpected ways

Deep Breaths and Heart Healing

Place your palms, one on top of the other, over your heart and take three deep breaths. Give thanks and appreciate yourself for your willingness to do this exercise. Allow your body to further release the energy that is moving through and being reorganized.

“Money is usually attracted, not pursued.”

–Jim Rohn

EXERCISE 23: I DON'T HAVE ENOUGH MONEY

Set-Up Statement

(Repeat the following statement 3 times while tapping on the karate chop point.)

*Even though **I don't have enough money**, I deeply and completely love and accept myself anyway.*

Round 1 – Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I don't have enough money

Round 2 – New Choice Phrases

(Repeat one phrase for each of the 8 points.)

*(eyebrow) **I have decided to change my vibration about this***

*(side of eye) **I now choose to focus on what I do have***

*(under eye) **I recognize that there is so much abundance already in my life***

*(under nose) **I appreciate myself for the all money that I have been able to attract to me thus far***

*(chin) **I place my attention on thoughts and ideas that feel juicy and rich to me***

*(collarbone) **I choose to hang out in these expansive spaces more and more***

*(under arm) **I give thanks for the money that is on its way to me now***

*(top of head) **I love being a magnet for more dollars and wealth***

Round 3 – Alternating Phrases

(Repeat one phrase for each of the 8 points.)

(eyebrow) I don't have enough money

(side of eye) I am changing my vibration about this right now as I speak

(under eye) I don't have enough money

(under nose) I am so glad that I have shifted this belief

(chin) I don't have enough money

(collarbone) I appreciate all of the money and abundance that I already have

(under arm) I love looking for and finding all the ways in which I am already rich

(top of head) I love vibrating joy and wealth and I choose to be a magnet for even more dollars

Deep Breaths and Heart Healing

Place your palms, one on top of the other, over your heart and take three deep breaths. Give thanks and appreciate yourself for your willingness to do this exercise. Allow your body to further release the energy that is moving through and being reorganized.

“The world is awash in money.”

–Ted Turner

PRACTICE SEVEN MONEY TREE MEDITATION

"I've been rich and I've been poor. Rich is better."

—Sophie Tucker

All of my early life I heard my family say, money doesn't grow on trees. Then one day it occurred to me that money really does grow on trees, at least paper money does. Paper is made from the bark of trees. Hence money does grow on trees. This really became a fun thought for me and lightened the seriousness I had towards money.

Here is a fun meditation for money. I call it the money tree meditation.

Set-up

- Find a quiet, comfortable place where you will be undisturbed
- Light a candle (optional)
- Sit with back straight or lie down

Instructions

- Read the script several times.
- Relax and take a few deep breaths
- Do the meditation remembering the script as best you can

Script

Close your eyes and imagine that it is a perfect autumn day. You are in a beautiful place with a spacious yard or field and there is a huge tree in the center of the field. The tree is at least 50 feet high and has many branches with an over-abundance of leaves made of money. You choose what type of bills and the denominations. As you stand under the tree you see that many of the leaves of money have fallen to the ground. There is a thick pile of money under the tree and on the ground around the tree.

There is a rake leaning up against the tree. Take the rake and rake some of the money into two piles. Rake the first pile so that it is knee-high. Rake the second pile as high as you can. When you are done, lean the rake against the trunk of the tree.

Stand in front of the first pile and feel what it's like to have that much money at your feet. Reach out with both hands and grab as much money as you can and throw it up in the air, high above your head. Let the money fall down upon your head all around you. Play like a child. Drink in the money. Dance in the money. Rejoice in the never-ending supply of it.

Now, when you are ready, move to the second pile. Crawl onto the pile. Then lie down and roll around in it. The pile is so thick and full of money that you cannot feel the ground. Spread your arms and legs out and make a money angel (like a snow angel). Really enjoy this experience. Feel the texture of the money on your face and in your hands. Feel it sticking to your skin. What does it smell like? Embrace it, revel in it and feel the abundance of it until it feels completely natural. As you are lying on the pile the leaves of money continue to gently fall from the tree branches above. The tree continues to regenerate and pour forth more leaves of money. Feel the money falling down upon you.

Feel how blessed with abundance you are. Hang out in this vibration for as long as you can. When you feel ready, bring your awareness back into the room where you are. Take a few deep breaths and stretch your body. Open your eyes. Appreciate yourself for taking this journey. Use the experience of this meditation as a touchstone. Whenever you want to feel more abundant, remember the vibration of this meditation. Or better yet, do the meditation all over again.

“A billion here, a billion there, and pretty soon you are talking big money.”

—Everett M. Dirksen

EXERCISE 24: I DON'T FEEL WORTHY OF LOTS OF MONEY

Set-Up Statement

(Repeat the following statement 3 times while tapping on the karate chop point.)

*Even though **I don't feel worthy of lots of money**, I deeply and completely love and accept myself.*

Round 1 – Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points)

I don't feel worthy of lots of money

Round 2 – New Choice Phrases

(Repeat one phrase for each of the 8 points.)

(eyebrow) what if every single person is automatically worthy and deserving of having as much money as they desire

(side of eye) what if that is our birthright

(under eye) it sure feels good to know that we are all worthy and deserving of lots of money

(under nose) I choose to accept my inheritance of worthiness

(chin) I am enjoying this new belief

(collarbone) I love knowing that it is possible to have lots of money

(under arm) I appreciate all the money and abundance in my life right now

(top of head) I choose to accept that I am worthy of lots of money

Round 3 – Alternating Phrases

(Repeat one phrase for each of the 8 points.)

(eyebrow) I don't feel worthy of lots of money

(side of eye) I love changing my mind about this

(under eye) I don't feel worthy of lots of money

(under nose) I am feeling more and more worthy of having as much money as I desire to have

(chin) I don't feel worthy of lots of money

(collarbone) I love knowing that we are all worthy of having as much money as we desire

(under arm) it feels good to accept that I am worthy of lots of money

(top of head) I choose to be a great example of someone who feels worthy and deserving and comfortable with having as much money as I desire

Deep Breaths and Heart Healing

Place your palms, one on top of the other, over your heart and take three deep breaths. Give thanks and appreciate yourself for your willingness to do this exercise. Allow your body to further release the energy that is moving through and being reorganized.

“The world is full of abundance and opportunity, but far too many people come to the fountain of life with a sieve instead of a tank car... a teaspoon instead of a steam shovel. They expect little and as a result they get little.”

–Ben Sweetland

EXERCISE 25: IT'S NOT OKAY TO MAKE MORE THAN MY FAMILY

Set-Up Statement

(Repeat the following statement 3 times while tapping on the karate chop point.)

*Even though I believe **it's not okay to make more money than my family**, I deeply and completely love and accept myself.*

Round 1 – Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

it's not okay to make more money than my family

Round 2 – New Choice Phrases

(Repeat one phrase for each of the 8 points.)

*(eyebrow) **what if it is***

*(side of eye) **I choose to move beyond this limiting belief***

*(under eye) **I have decided that it is perfectly natural to want more than what my parents had***

*(under nose) **it feels good to acknowledge my desire for more***

*(chin) **I give myself permission to dream big and allow more for myself than what my family does***

*(collarbone) **it is safe for me to want and to have more***

*(under arm) **I now understand that I can still be a part of my family and choose to have more money***

*(top of head) **I choose to be a great example to my family of someone who joyfully desires and allows more money and abundance into their life.***

Round 3 – Alternating Phrases

(Repeat one phrase for each of the 8 points.)

(eyebrow) it's not okay to make more money than my family

(side of eye) I now see that it is perfectly okay

(under eye) it's not okay to make more money than my family

(under nose) yes it absolutely is

(chin) it's not okay to make more money than my family

(collarbone) it feels so good to have changed my mind about this

(under arm) I love the idea of making more money and sharing the abundant overflow with my family and others

(top of head) I choose to happily attract more money into my life and become an inspiration to my family and friends to do the same, if they so choose

Deep Breaths and Heart Healing

Place your palms, one on top of the other, over your heart and take three deep breaths. Give thanks and appreciate yourself for your willingness to do this exercise. Allow your body to further release the energy that is moving through and being reorganized.

“It is hard work to control the workings of inclination and turn the bent of nature, but that it may be done, I know from experience, God has given us, in a measure, the power to make our own fate.”

–Charlotte Bronte,

Jane Eyre

EXERCISE 26: THE MORE MONEY I SPEND THE LESS I HAVE

Set-Up Statement

(Repeat the following statement 3 times while tapping on the karate chop point.)

*Even though I believe that **the more money I spend the less I have**, I deeply and completely love and accept myself.*

Round 1 – Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

the more money I spend the less I have

Round 2 – New Choice Phrases

(Repeat one phrase for each of the 8 points.)

(eyebrow) if this is an unlimited, bountiful Universe then there is always more money available to me

(side of eye) I choose to remember this truth

(under eye) I love knowing that it is possible to always experience a steady flow of abundance

(under nose) I choose to recognize how much abundance flows through my life already

(chin) I ask and allow my Inner Being to guide me in my money purchases knowing that the money I spend is aligned with my goals, dreams and desires

(collarbone) I choose to be relaxed and calm about the money I spend, thankful for the opportunity to pay bills and to buy the things that I love and desire

(under arm) I appreciate that there is no vacuum, only a steady stream of money and abundance perpetually flowing into and out of my life

(top of head) I love feeling aligned with Source knowing that the more money I spend with a joyous and abundant heart, the more of a magnet I will be to attract even more money

Round 3 – Alternating Phrases

(Repeat one phrase for each of the 8 points.)

(eyebrow) the more money I spend the less I have

(side of eye) it feels so wonderful to now know that the more money I spend, with a glad and joyful heart, the more money I will draw to me

(under eye) the more money I spend the less I have

(under nose) I am glad to have shifted this belief

(chin) I love that I have changed my thinking about this

(collarbone) I love feeling so abundant and free

(under arm) I love being a vortex for more and more money and abundance

(top of head) I love realizing that the more money I spend from a space of vibrational abundance, then the more money I will attract to me

Deep Breaths and Heart Healing

Place your palms, one on top of the other, over your heart and take three deep breaths. Give thanks and appreciate yourself for your willingness to do this exercise. Allow your body to further release the energy that is moving through and being reorganized.

“Expect your every need to be met. Expect the answer to every problem, expect abundance on every level.”

–Eileen Caddy

EXERCISE 27: I CAN'T MAKE MONEY DOING WHAT I LOVE

Set-Up Statement

(Repeat the following statement 3 times while tapping on the karate chop point.)

*Even though I believe **I can't make money doing what I love**, I deeply and completely love and accept myself anyway.*

Round 1 – Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I can't make money doing what I love

Round 2 – New Choice Phrases

(Repeat one phrase for each of the 8 points.)

*(eyebrow) **not following my passion is too deadening***

*(side of eye) **I choose to feel alive and live my dreams***

*(under eye) **I know that there must be a way to do what I love and make money doing it***

*(under nose) **I see other people doing it***

*(chin) **if it's possible for them then it must also be possible for me***

*(collarbone) **I love realizing that it is possible for me to do what I love to do and make money***

*(under arm) **I am thrilled to be seeing this in a new light***

*(top of head) **I choose to follow my dreams, do what I love to do and surprise myself by making lots of money in the process***

Round 3 – Alternating Phrases

(Repeat one phrase for each of the 8 points.)

(eyebrow) I can't make money doing what I love

(side of eye) I have decided to change my mind about this

(under eye) I can't make money doing what I love

(under nose) there are plenty of people making money doing what they love to do

(chin) I can't make money doing what I love

(collarbone) I too now choose to make money doing what I love to do

(under arm) it feels so delicious and fun to do what I love to do and to expect that I will make money doing it

(top of head) I choose to come up with clever, creative and fun ways to make money doing exactly what I love to do

Deep Breaths and Heart Healing

Place your palms, one on top of the other, over your heart and take three deep breaths. Give thanks and appreciate yourself for your willingness to do this exercise. Allow your body to further release the energy that is moving through and being reorganized.

*“Doing what you love is the cornerstone
of having abundance in your life.”*

–Wayne Dyer

EXERCISE 28: IT'S NOT OKAY TO LOVE MONEY

Set-Up Statement

*(Repeat the following statements while tapping on the **karate chop point**.)*

*Even though I believe **it's not okay to love money**, I deeply and completely love and accept myself anyway... Even though I believe **it's not okay to love money**, I deeply and completely love and accept who I am... Even though I believe **it's not okay to love money**, I choose to feel good about loving money, somehow.*

Round 1 – Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

it's not okay to love money

Round 2 – New Choice Phrases

(Repeat one phrase for each of the 8 points.)

(eyebrow) what if loving money is okay

(side of eye) maybe loving money is good, just as loving anything is verily good

(under eye) I choose to feel as comfortable loving money as I do breathing air or loving sun light or loving the ocean or loving shoes

(under nose) I love the abundant flow of money

(chin) I love being a vortex through which it flows

(collarbone) I love all the wonderful ways to spend money

(under arm) I love loving money

(top of head) loving money is a delicious, delightful stream of joy in my life

Round 3 – Alternating Phrases

(Repeat one phrase for each of the 8 points.)

(eyebrow) I believe it's not okay to love money

(side of eye) I am so glad that I have given myself permission to love money

(under eye) it's not okay to love money

(under nose) I realize that it is perfectly wonderful to love and enjoy money

(chin) it's not okay to love money

(collarbone) I am ecstatic in my new-found clarity about loving money

(under arm) I choose to love money and for money to love me

(top of head) it feels so wonderful to love and enjoy money

Deep Breaths and Heart Healing

Place your palms, one on top of the other, over your heart and take three deep breaths. Give thanks and appreciate yourself for your willingness to do this exercise. Allow your body to further release the energy that is moving through and being reorganized.

“Riches cover a multitude of woes.”

—Menander, Lady of Andros

*“Love, whether newly born, or aroused from a deathlike slumber,
must always create sunshine, filling the heart so full of
radiance, thus it overflows upon the outward world.”*

—Nathaniel Hawthorne

Instructions

Take a walk in your neighborhood or on the beach or in the mountains and hunt for all the evidence of abundance that is all around you. As you walk, notice the abundance of things that surround you.

For example, while walking in your neighborhood you may notice an abundance of:

- *blades of grass*
- *trees and bushes*
- *flowers*
- *cars*
- *houses*
- *pets*
- *fences*

Or while walking on the beach you may see an abundance of:

- *grains of sand*
- *seaweed*
- *sea shells*
- *mangroves*
- *waves*
- *blue sky*
- *people*
- *beach towels*

Have fun with this. Make it into a game to see how many new things you’ve never paid attention to before.

EXERCISE 29: I DON'T FEEL ABUNDANT

Set-Up Statement

*(Repeat the following statements while tapping on the **karate chop point**.)*

*Even though **I don't feel abundant**, I deeply and completely love and accept myself... Even though **I don't feel abundant**, I deeply and completely love and accept who I am... Even though **I don't feel abundant right now**, I choose to allow myself to open to the possibility of experiencing more abundance in my life.*

Round 1 – Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I don't feel abundant

Round 2 – New Choice Phrases

(Repeat one phrase for each of the 8 points.)

(eyebrow) I have decided to change how I feel

(side of eye) I have made up my mind – I choose to focus on all the ways in which my life is abundant right now

(under eye) I have an abundance of air to breathe, a roof over my head, food to eat, modern conveniences at my fingertips and this is just for starters

(under nose) I bet I can find a slew of evidence supporting how much abundance there is in my life

(chin) I realize that the more I look for the abundance in my life, the easier it is to recognize that it is everywhere

(collarbone) this is really becoming fun

(under arm) I love that I can turn my energy around and feel more and more abundant

(top of head) I choose to allow myself to feel the abundance that is already here and I eagerly anticipate feeling even more abundant

Round 3 – Alternating Phrases

(Repeat one phrase for each of the 8 points.)

(eyebrow) I don't feel abundant

(side of eye) I now recognize all of the abundance that is all around me

(under eye) I don't feel abundant

(under nose) I am feeling more and more abundant and I love it

(chin) I don't feel abundant

(collarbone) I do now

(under arm) I love feeling gloriously abundant

(top of head) I appreciate all of the abundance currently in my life and I love knowing that there is even more abundance for me to experience

Deep Breaths and Heart Healing

Place your palms, one on top of the other, over your heart and take three deep breaths. Give thanks and appreciate yourself for your willingness to do this exercise. Allow your body to further release the energy that is moving through and being reorganized.

*“Not what we have, but what we enjoy,
constitutes our abundance.”*

–John Petit-Senn

EXERCISE 30: I FEEL LIKE THERE'S NOT ENOUGH ROOM FOR ME

Set-Up Statement

(Repeat the following statement 3 times while tapping on the karate chop point.)

*Even though I feel like **there's not enough room for me**, I deeply and completely love and accept myself anyway.*

Round 1 – Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points)

there's not enough room for me

Round 2 – New Choice Phrases

(Repeat one phrase for each of the 8 points.)

*(eyebrow) **there must be enough room for me or I wouldn't be here***

*(side of eye) **we are each unique and thus each have something to contribute just by being ourselves***

*(under eye) **I now realize that I must acknowledge and stand in my own light***

*(under nose) **it feels good to honor the beauty of my existence***

*(chin) **I am feeling freer and I can feel how much room there is for me***

*(collarbone) **I love that there is more than enough room for me to be myself and to share all that I have to offer***

*(under arm) **I love knowing that there is enough room for everyone to shine***

*(top of head) **I choose to acknowledge my uniqueness and I realize that there is a special place in this world for me***

Round 3 – Alternating Phrases

(Repeat one phrase for each of the 8 points.)

(eyebrow) there's not enough room for me

(side of eye) the fact that I exist means there is enough room for me

(under eye) there's not enough room for me

(under nose) yes there is

(chin) there's not enough room for me

(collarbone) I am relieved that this feeling is now behind me

(under arm) I love knowing that there is enough room for me and for everyone

(top of head) I choose to honor the gift of who I am and I am willing share the light of my being with the world

Deep Breaths and Heart Healing

Place your palms, one on top of the other, over your heart and take three deep breaths. Give thanks and appreciate yourself for your willingness to do this exercise. Allow your body to further release the energy that is moving through and being reorganized.

“Thou hast permission at all times to say “NO,” to change thy mind, and to express thy true feelings.”

—Catherine Cardinal

EXERCISE 31: I DON'T BELIEVE I CAN HAVE WHAT I REALLY WANT

Set-Up Statement

(Repeat the following statement 3 times while tapping on the *karate chop point*.)

Even though *I don't believe I can have what I really want*, I deeply and completely love and accept myself.

Round 1 – Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I don't believe I can have what I really want

Round 2 – New Choice Phrases

(Repeat one phrase for each of the 8 points.)

(eyebrow) *holding onto this belief is dragging me down*

(side of eye) *it is time to let this belief go*

(under eye) *I now remember that we all have the power to attract to ourselves whatsoever we desire*

(under nose) *we were all born to be awesome, expansive creators*

(chin) *I now recognize that the only limits placed on what I can have comes from the restrictive beliefs I place on myself*

(collarbone) *I choose to release these limiting beliefs and realize that it is my birthright to have what I really want*

(under arm) *it feels good to get clear about this*

(top of head) *I love knowing that we can all have what we really, really want*

Round 3 – Alternating Phrases

(Repeat one phrase for each of the 8 points.)

(eyebrow) I don't believe I can have what I really want

(side of eye) I have changed my mind

(under eye) I don't believe I can have what I really want

(under nose) I now realize that I can have exactly what I want

(chin) I don't believe I can have what I really want

(collarbone) I choose to go for what I really want

(under arm) it feels so good to believe that I can attract to me what I really, really want

(top of head) I choose to recognize the fullness and power of my being and allow myself to have whatever I so desire

Deep Breaths and Heart Healing

Place your palms, one on top of the other, over your heart and take three deep breaths. Give thanks and appreciate yourself for your willingness to do this exercise. Allow your body to further release the energy that is moving through and being reorganized.

*“What things soever ye desire, when ye pray,
believe that ye receive them and ye shall have them.”*

–Mark 11:24

EXERCISE 32: IT'S NOT OKAY TO PUT MYSELF FIRST

Set-Up Statement

(Repeat the following statement 3 times while tapping on the karate chop point.)

*Even though I believe **it's not okay to put myself first**, I deeply and completely love and accept myself.*

Round 1 – Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points)

it's not okay to put myself first

Round 2 – New Choice Phrases

(Repeat one phrase for each of the 8 points)

*(eyebrow) **I am beginning to think that I have this backwards***

*(side of eye) **how can I really be of good use to myself or to anyone else if I don't honor myself first***

*(under eye) **not putting myself first throws me off center and distorts my thinking***

*(under nose) **that must surely lead to lots of confusion and mis-steps on my part***

*(chin) **I now realize that when I put myself first, my mind is clearer and it is easier for me to focus***

*(collarbone) **from this clearer space it is much easier to make choices that will better serve me***

*(under arm) **I now see that things are better all around if I put myself first***

*(top of head) **I choose to put myself first knowing that it is the best thing that I can do for myself and for others***

Round 3 – Alternating Phrases

(Repeat one phrase for each of the 8 points.)

(eyebrow) it's not okay to put myself first

(side of eye) I have decided that it is paramount that I put myself first

(under eye) it's not okay to put myself first

(under nose) I now realize that it is the most sane thing in the world to put myself first

(chin) it's not okay to put myself first

(collarbone) when I put myself first I make better decisions for myself, which in turn supports others in making better decisions for themselves

(under arm) I love putting myself first, knowing that it is the best shot that I have at being of service to anyone else

(top of head) I love experiencing how easily everything falls into place when I put myself first

Deep Breaths and Heart Healing

Place your palms, one on top of the other, over your heart and take three deep breaths. Give thanks and appreciate yourself for your willingness to do this exercise. Allow your body to further release the energy that is moving through and being reorganized.

“To free us from the expectations of others, to give us back to ourselves--there lies the great, singular power of self-respect.”

—Joan Didion

PRACTICE NINE MORNING DOSE OF ABUNDANCE

“Waking up this morning, I smile. Twenty-four brand new hours are before me. I vow to live fully in each moment and to look at all beings with eyes of compassion.”

—Thich Nhat Hanh

The time right after we awake, as we are becoming conscious of our presence in this reality, is very potent. This time is ripe for setting our intentions for the day ahead. We can create the blueprint for our day before we even step out of bed. I call this a morning dose of abundance.

Instructions

Before you get out of bed in the morning, tap in uplifting statements of how you would like to experience your day. You do not need to start with a set-up statement. Just start tapping at the eyebrow point and tap as many points as needed to complete your list of affirmations.

Below are some of the affirmations that I like to tap in before I get out of bed:

I am refreshed and infused with the energy of well-being

I greet the day with love and joy in my heart

I deeply and profoundly love and accept myself

I trust my Love to draw to me all that I need today

I have fun interacting with my family

I choose to experience a lovely time as I make my way to different events of my day

I am appreciative of all the wonderful people in my life

I trust that the Universe is taking care of all the details

I experience my day flowing and unfolding magnificently with grace and ease

I joyfully anticipate new and delightful surprises coming my way

I choose to be happily abundant

I love making lots of money doing what I love

Life is getting better and better

I love my body and my body loves me

My life is easy and fun

I accept and embrace my birthright of joy

I appreciate all the blessings in my life

I am thankful for all the good that flows to me

I choose to be radiantly healthy and vibrantly alive

I choose to be a beacon of light and an inspiration to others

I choose to express myself freely

I am One with Spirit

You may use my affirmations or come up with your own.

“You pray in your distress and in your need; would that you might also pray in the fullness of your joy and in your days of abundance.”

—Kahlil Gibran

EXERCISE 33: I'VE MISSED MY CHANCE & NOW IT'S TOO LATE

Set-Up Statement

(Repeat the following statement 3 times while tapping on the karate chop point.)

*Even though **I've missed my chance and now it's too late**, I deeply and completely love and accept myself.*

Round 1 – Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I've missed my chance and now it's too late

Round 2 – New Choice Phrases

(Repeat one phrase for each of the 8 points.)

*(eyebrow) **what if my life has been unfolding in perfect time***

*(side of eye) **if I am an eternal being then how can it be too late***

*(under eye) **if my existence is forever then there will always be more to explore and experience***

*(under nose) **maybe I have been worrying over this for nothing***

*(chin) **I like remembering that I am an eternal being and that there will always be more and more opportunities to play, expand and grow***

*(collarbone) **from this view I now see that it's never too late***

*(under arm) **I now realize that there are a multitude of chances always before me to do what I want to do***

*(top of head) **I love feeling eternal knowing that there is no rush because there will never be an end to life in one form or another***

Round 3 – Alternating Phrases

(Repeat one phrase for each of the 8 points.)

(eyebrow) I've missed my chance and now it's too late

(side of eye) no, I haven't, for I am an eternal being

(under eye) I've missed my chance and now it's too late

(under nose) it is never too late

(chin) I've missed my chance and now it's too late

(collarbone) I love that I am now viewing this from a new mindset

(under arm) I love remembering that I am an eternal being and that I don't have to push to get it all done at once

(top of head) I choose to relax knowing that there will never be an end to me and that there will always be more opportunities to love and to create

Deep Breaths and Heart Healing

Place your palms, one on top of the other, over your heart and take three deep breaths. Give thanks and appreciate yourself for your willingness to do this exercise. Allow your body to further release the energy that is moving through and being reorganized.

“Every moment is a golden one for him who has the vision to recognize it as such.”

—Henry Miller

EXERCISE 34: I'M AFRAID TO BE SUCCESSFUL

Set-Up Statement

(Repeat the following statement 3 times while tapping on the karate chop point.)

*Even though **I'm afraid to be successful**, I choose to deeply and completely love and accept myself anyway.*

Round 1 – Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I'm afraid to be successful

Round 2 – New Choice Phrases

(Repeat one phrase for each of the 8 points.)

*(eyebrow) **I am tired of being afraid of success***

*(side of eye) **I now choose to have a different, more loving relationship with success***

*(under eye) **I trust my inner wisdom and guidance to direct me in managing all the details of being a successful person in the world***

*(under nose) **I now see that I have everything that I need within me to be successful***

*(chin) **I choose to feel capable of handling success on all levels***

*(collarbone) **I choose to let the light of my being guide me through anything that success might bring***

*(under arm) **I have concluded that it is safe for me to be successful***

*(top of head) **I love feeling this good about being successful***

Round 3 – Alternating Phrases

(Repeat one phrase for each of the 8 points.)

(eyebrow) I'm afraid to be successful

(side of eye) I am so glad that I am no longer afraid of success

(under eye) I'm afraid to be successful

(under nose) isn't it wonderful that I have changed my mind about this

(chin) I'm afraid to be successful

(collarbone) I now feel totally safe and comfortable with the idea of being successful

(under arm) it feels good to recognize how successful I already am

(top of head) I choose to appreciate all of the success and abundance in my life, right now, and I delight in allowing myself to be even more successful

Deep Breaths and Heart Healing

Place your palms, one on top of the other, over your heart and take three deep breaths. Give thanks and appreciate yourself for your willingness to do this exercise. Allow your body to further release the energy that is moving through and being reorganized.

“And only when we are no longer afraid do we begin to live in every experience, painful or joyous; to live in gratitude for every moment, to live abundantly.”

–Dorothy Thompson

EXERCISE 35: I DON'T FEEL CREATIVE

Set-Up Statement

(Repeat the following statement 3 times while tapping on the karate chop point.)

*Even though **I don't feel creative**, I deeply and completely love and accept myself.*

Round 1 – Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I don't feel creative

Round 2 – New Choice Phrases

(Repeat one phrase for each of the 8 points.)

*(eyebrow) **I know that I am a creative being***

*(side of eye) **I intend to feel how creative I really am***

*(under eye) **I know that it is possible to feel more creative***

*(under nose) **I have decided to allow myself the freedom of creative expression***

*(chin) **I am going to give myself permission to dance, sing, skip, jump, write and play more easily and freely***

*(collarbone) **I choose to recognize the ways in which I am already creative***

*(under arm) **it feels so good to begin to see myself as a creative being***

*(top of head) **I choose to open and allow my natural creativity to be expressed in deliciously delightful ways***

Round 3 – Alternating Phrases

(Repeat one phrase for each of the 8 points.)

(eyebrow) I don't feel creative

(side of eye) I am overjoyed that I am feeling more creative

(under eye) I don't feel creative

(under nose) I love knowing that I was born to be creative

(chin) I don't feel creative

(collarbone) I do now

(under arm) it feels so good to feel my creative juices flowing

(top of head) it feels so wonderful and natural to feel creative energy flowing so beautifully through me

Deep Breaths and Heart Healing

Place your palms, one on top of the other, over your heart and take three deep breaths. Give thanks and appreciate yourself for your willingness to do this exercise. Allow your body to further release the energy that is moving through and being reorganized.

“Creativity is inventing, experimenting, growing, taking risks, breaking rules, making mistakes, and having fun.”

–Mary Lou Cook

EXERCISE 36: IT'S TOO HARD TO CREATE WHAT I REALLY WANT

Set-Up Statement

(Repeat the following statement 3 times while tapping on the karate chop point.)

*Even though **I believe it's too hard to create what I really want**, I deeply and completely love and accept myself anyway.*

Round 1 – Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

it's too hard to create what I really want

Round 2 – New Choice Phrases

(Repeat one phrase for each of the 8 points.)

*(eyebrow) **maybe it's not as hard as I once believed***

*(side of eye) **I remember that there is no order of difficulty in creating***

*(under eye) **the creation process is the same for every physical manifestation***

*(under nose) **so it's just as easy to create a house as it is clothes, as it is a doughnut or rain***

*(chin) **I confess that it has been easy to create some things in my life***

*(collarbone) **then it must also be possible for me to create the things that I really want, just as easily***

*(under arm) **the possibility of this excites me***

*(top of head) **I now choose to believe that it can be easier for me to create or attract what I really want***

Round 3 – Alternating Phrases

(Repeat one phrase for each of the 8 points.)

(eyebrow) it's too hard to create what I really want

(side of eye) maybe it's not so hard after all

(under eye) it's too hard to create what I really want

(under nose) I choose to release this limiting belief

(chin) it's too hard to create what I really want

(collarbone) I love the idea that it can be easy

(under arm) I appreciate the ease with which I have already created some things in my life

(top of head) I now anticipate experiencing this same ease in creating even more of the things that I really want, in due time

Deep Breaths and Heart Healing

Place your palms, one on top of the other, over your heart and take three deep breaths. Give thanks and appreciate yourself for your willingness to do this exercise. Allow your body to further release the energy that is moving through and being reorganized.

“These, then, are my last words to you:

Be not afraid of life.

Believe that life is worth living,

and your belief will help create that fact.”

–William James

*“The measure of mental health is
the disposition to find good everywhere.”*

—Ralph Waldo Emerson

Instructions

Ask yourself the following questions listed below. Check in with yourself through out the day and notice what responses and ideas come to you. Pay attention to the ways in which the information comes to you. Write the insights that you are receiving in a journal. Take action on any guidance that feels appropriate.

What is the most empowering use of my time today?

How can I express myself even more authentically in relationships?

How can I attract even more money?

How can I continually increase the level of joy in my life?

In what ways am I the most creative?

What are my favorite activities?

What will make each task today more pleasurable and fun?

What do I appreciate most in my life?

How can I make the most of this moment?

Why am I happily abundant and joyfully prosperous?

Why am I allowing myself to be, do and have everything that I want in life?

Bonus Practice

Create your own questions on abundance.

EXERCISE 37: THERE'S NOT ENOUGH TIME TO DO WHAT I WANT

Set-Up Statement

(Repeat the following statement 3 times while tapping on the karate chop point.)

*Even though I believe that **there's not enough time to do what I want**, I deeply and completely love and accept myself anyway.*

Round 1 – Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

there's not enough time to do what I want

Round 2 – New Choice Phrases

(Repeat one phrase for each of the 8 points.)

(eyebrow) I have decided to not be held hostage to time

(side of eye) I now let go of this sense that I am rushing through life

(under eye) I recognize that I am rushing to accomplish things because I believe that those things will make me feel better

(under nose) I choose to remember that I have the power to feel good now, with or without accomplishing things

(chin) I choose to release this pressure to get things done

(collarbone) it feels better to slow down and savor the joy in each moment

(under arm) I choose to do what feels good and trust that everything is happening in its right and appropriate time

(top of head) I choose to know that it is okay for me to allow the events of my life to unfold with grace and ease in their own sweet time

Round 3 – Alternating Phrases

(Repeat one phrase for each of the 8 points.)

(eyebrow) there's not enough time to do what I want

(side of eye) I have decided that there is no need to hurry

(under eye) there's not enough time to do what I want

(under nose) I choose to believe that there is plenty of time to do what I want to do

(chin) there's not enough time to do what I want

(collarbone) it is a relief to let go of this pressure about time

(under arm) the more relaxed I feel about time, the more time seems to expand

(top of head) I love knowing that all is well and that there is plenty of time to enjoy every aspect of my life

Deep Breaths and Heart Healing

Place your palms, one on top of the other, over your heart and take three deep breaths. Give thanks and appreciate yourself for your willingness to do this exercise. Allow your body to further release the energy that is moving through and being reorganized.

*“Come out of the circle of time
and into the circle of love.”*

–Rumi

EXERCISE 38: I DON'T HAVE ENOUGH ENERGY

Set-Up Statement

(Repeat the following statement 3 times while tapping on the karate chop point.)

Even though I feel like I don't have enough energy, I deeply and completely love and accept myself and my body.

Round 1 – Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I don't have enough energy

Round 2 – New Choice Phrases

(Repeat one phrase for each of the 8 points.)

(eyebrow) I want to feel vibrantly alive

(side of eye) doesn't my energy level come from my connection with Source

(under eye) I choose to stop, breathe deeply and realign with Source

(under nose) I love the surge of energy that flows through me when I am in touch with Source energy

(chin) it feels so good to open the gates and be infused with the energy of well-being

(collarbone) I am feeling more and more life force moving through me

(under arm) I love feeling refreshed and full of energy

(top of head) I choose to remember that there is an abundance of energy available to me at all times

Round 3 – Alternating Phrases

(Repeat one phrase for each of the 8 points.)

(eyebrow) I don't have enough energy

(side of eye) anytime I want to be re-energized I remember to connect with Source

(under eye) I don't have enough energy

(under nose) I am feeling more and more energized

(chin) I don't have enough energy

(collarbone) it is good to know that there is an unlimited amount of energy always available to me

(under arm) I love feeling infused with the boundless energy of well-being

(top of head) I appreciate that there is always an abundance of energy at my fingertips when I am tuned into Source

Deep Breaths and Heart Healing

Place your palms, one on top of the other, over your heart and take three deep breaths. Give thanks and appreciate yourself for your willingness to do this exercise. Allow your body to further release the energy that is moving through and being reorganized.

“An authentic life is the most personal form of worship.

Everyday life has become my prayer.”

– Sarah Ban Breathnach

EXERCISE 39: I DON'T HAVE ENOUGH FRIENDS

Set-Up Statement

(Repeat the following statement 3 times while tapping on the karate chop point.)

*Even though **I don't have enough friends**, I deeply and completely love and accept myself.*

Round 1 – Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I don't have enough friends

Round 2 – New Choice Phrases

(Repeat one phrase for each of the 8 points.)

*(eyebrow) **I now realize that I have a built-in best friend within me - my Inner Being***

*(side of eye) **I marvel at what a treasure that is***

*(under eye) **it feels good to focus on being a good friend to myself***

*(under nose) **maybe the number of friends I have is just perfect for right now***

*(chin) **I choose to appreciate the friends I already do have***

*(collarbone) **I am starting to feel more expansive about this***

*(under arm) **I have decided to focus on also being a good friend to others***

*(top of head) **I give thanks for the friends who are presently in my life***

Round 3 – Alternating Phrases

(Repeat one phrase for each of the 8 points.)

(eyebrow) I don't have enough friends

(side of eye) it is good to know that I have a tried and true friend within me whom I can call on at anytime

(under eye) I don't have enough friends

(under nose) I trust that I have the perfect number of friends for now

(chin) I don't have enough friends

(collarbone) I appreciate all the friends I have in my life and I enjoy being a great friend to others

(under arm) I am feeling more and more abundant about friendship

(top of head) I am content with the number of friends I currently have and I am open to having more in perfect time

Deep Breaths and Heart Healing

Place your palms, one on top of the other, over your heart and take three deep breaths. Give thanks and appreciate yourself for your willingness to do this exercise. Allow your body to further release the energy that is moving through and being reorganized.

“The only way to have a friend is to be one.”

–Ralph Waldo Emerson

EXERCISE 40: RELATIONSHIPS ARE TOO MUCH WORK

Set-Up Statement

(Repeat the following statement 3 times while tapping on the karate chop point.)

*Even though I believe that **relationships are too much work**, I deeply and completely love and accept myself anyway.*

Round 1 – Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

relationships are too much work

Round 2 – New Choice Phrases

(Repeat one phrase for each of the 8 points.)

(eyebrow) it feels good to consider the possibility that relationships can be easy

(side of eye) I have decided to be open to this possibility

(under eye) what if my relationships with others are reflections of my relationship with myself

(under nose) it might be wise, then, to focus on resolving the internal conflicts that are within me

(chin) I realize that as I love myself more and more, then my relationship with others will reflect this change and less work will be necessary

(collarbone) I now choose to focus more on my relationship with myself

(under arm) I commit to deeply and profoundly loving and accepting myself more and more each day

(top of head) I am thrilled to realize that relationships can be easy

Round 3 – Alternating Phrases

(Repeat one phrase for each of the 8 points.)

(eyebrow) relationships are too much work

(side of eye) maybe they are not too much work after all

(under eye) relationships are too much work

(under nose) it feels good to have changed my mind about this

(chin) relationships are too much work

*(collarbone) I love knowing that the better my relationship is with me,
the easier my relationships will be with others*

*(under arm) I choose to first and foremost love, honor and respect my
relationship with me*

*(top of head) I love knowing that relationships can indeed be easy
especially when I have an easy, breezy, loving relationship with myself*

Deep Breaths and Heart Healing

Place your palms, one on top of the other, over your heart and take three deep breaths. Give thanks and appreciate yourself for your willingness to do this exercise. Allow your body to further release the energy that is moving through and being reorganized.

*“The truth about our intimate relationships is that they can
never be any better than our relationship with ourselves.”*

–James Hollis

EXERCISE 41: I CAN'T HAVE A GREAT RELATIONSHIP

Set-Up Statement

(Repeat the following statement 3 times while tapping on the karate chop point.)

*Even though I believe **I can't have a great relationship**, I deeply and completely love and accept who I am.*

Round 1 – Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I can't have a great relationship

Round 2 – New Choice Phrases

(Repeat one phrase for each of the 8 points.)

*(eyebrow) **this belief does not feel good***

*(side of eye) **I intend to change it***

*(under eye) **I am determined to turn this around***

*(under nose) **the truth is that if I have a great relationship with me, then I am bound to attract a great relationship and partner to me***

*(chin) **it is law***

*(collarbone) **I am feeling much better about this already***

*(under arm) **I choose to recognize my inner beauty and light and I appreciate my undying magnificence***

*(top of head) **I choose to accept that I am a gorgeous being and I trust that the radiance of my love will draw a great partner to me***

Round 3 – Alternating Phrases

(Repeat one phrase for each of the 8 points.)

(eyebrow) I can't have a great relationship

(side of eye) I am so relieved that this belief is now in the past

(under eye) I can't have a great relationship

(under nose) I now rejoice in the fact that I can

(chin) I choose to focus on having a fantastic relationship with myself

(collarbone) I love basking in the glow of my own beautiful love and light

(under arm) it is awesome to really understand that having a great relationship will be the result of me having a glorious relationship with myself

(top of head) I now know that a great relationship is certain to unfold in my life

Deep Breaths and Heart Healing

Place your palms, one on top of the other, over your heart and take three deep breaths. Give thanks and appreciate yourself for your willingness to do this exercise. Allow your body to further release the energy that is moving through and being reorganized.

“No road is long with good company. “

–Turkish Proverb

POSTSCRIPT

Now that you have experienced the EFT exercises and the practices in this book, and hopefully the miracles that accompany them, you are well on your way to creating a life of love and abundance. You can go back and do any or all of the exercises as many times as you like. Every time you do an EFT exercise you will clear even more subtle layers of limiting beliefs.

But don't have to stop there.

EFT can be used on any and everything. Now that you have done the EFT exercises in this book, you have some experience with how the process works. Try using EFT on a variety of things.

As mentioned earlier, when working with EFT, you will usually feel relief after doing only a few rounds of tapping. However, for deeper or more long-standing issues it may be necessary to do more rounds of tapping because there may be different aspects associated with the same issue. In that case, you would typically address each aspect separately.

Start simply and trust that you can create EFT statements and phrases and move yourself through the process. Something that has been immensely wonderful and helpful to me in this regard is asking my inner wisdom to guide me in allowing the appropriate words and phrases to intuitively come forth. It might also be helpful for you to ask your inner being to be your coach.

To get the full maximum benefit from EFT, I recommend that you use it on specific life events or incidences that may still be bothering you, no matter how small you think they are. Many times we have no idea how much energy is still tied up in these events and how much disruption they are still causing in our energy systems. Clearing the blocked and distorted energy from the specific life events will result in even more clarity, peace of mind, joy, creativity, love and abundance.

I highly recommend that you work with an EFT practitioner to achieve even greater heights and to assist you in moving through some of the more complicated events or issues. If you are interested in doing additional EFT work with me, I offer individual coaching sessions by phone. For more

information on working privately with me, please visit my website at www.clarissabell.com or email me at clarissa@clarissabell.com.

In addition, there are many skilled practitioners who also offer individual sessions. You can find a list of EFT Practitioners in the *Resources & Support* section of Gary Craig's website (www.emofree.com) and at www.eftsupport.com.

A wonderful use of EFT is to use it to help you design the life of your dreams. What do you want to experience and create in your life? Spend some time imagining what your best life would look and feel like. Then use EFT to help you create that. Here are some examples of Set-Up Statements where EFT can be used to help you create what you want and improve the quality of your life from day to day.

*Even though **I don't know how I am going to write this book**, I choose to embrace my talents and abilities as a writer and allow inspiring words to flow easily through me onto the page.*

*Even though **I am nervous about my speech tonight**, I choose to feel relaxed and calm about it and to connect with the audience in a powerful way.*

*Even though **I don't know how I am going to buy the house I really want**, I choose to surprise myself by coming up with a creative and legitimate way to attract and easily afford the house of my dreams.*

These are just a few examples of how EFT can be used to help you design your life exactly as you desire it. The possibilities with EFT are endless.

**Don't stop until you are living
the exquisite life!**

ADDITIONAL EFT TRAINING

The best resource for additional EFT training can be found at founder Gary Craig's website at www.emofree.com. There you will be able to download a free manual, sign-up for the e-newsletter, read hundreds of articles and case studies detailing the use of EFT and order training DVDs.

Also there are many skilled practitioners who teach EFT classes and offer individual sessions. You can find a list of EFT Practitioners in the *Resources & Support* section of Gary Craig's website (www.emofree.com).

RECOMMENDED WEBSITES

www.clarissabell.com

www.emofree.com

www.tat-intl.com

www.carollook.com

www.zpointprocess.com

www.zensightprocess.com

www.abraham-hicks.com

www.realneville.com

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ABOUT THE AUTHOR

Clarissa is a speaker, author and Energy Coach specializing in self-love and abundance. She graduated with a Masters degree in Mechanical Engineering from the University of California, Berkeley, and holds a Bachelors degree in Engineering from Howard University. Clarissa has 10 years of experience working in the corporate arena as an Engineer and Project Manager.

Since 1987 she has explored many spiritual-wisdom paths and traditions and has studied a number of psycho-spiritual healing systems. Clarissa managed the Matilija Sanctuary retreat center in Ojai, California, where she organized and co-facilitated energy-based workshops and gatherings. Additionally she is trained in movement therapies and has been an African dance teacher.

Clarissa lives in Miami, Florida.