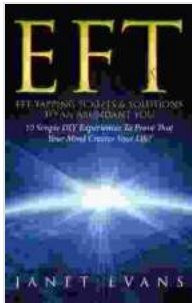


EFT Tapping Scripts Solutions To An Abundant You



EFT: EFT Tapping Scripts & Solutions To An Abundant YOU: 10 Simple DIY Experiences To Prove That Your Mind Creates Your Life! by あづま 笙子

★★★★☆ 4.2 out of 5

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Are you ready to create an abundant life for yourself? If so, then EFT tapping scripts can be a powerful tool to help you on your journey.

EFT tapping, also known as Emotional Freedom Technique, is a simple yet effective energy therapy that can help to release negative beliefs and emotions. When we have negative beliefs and emotions about ourselves, our worthiness, and our ability to create abundance, it can block us from achieving our full potential.

EFT tapping scripts are a specific set of phrases that you repeat while tapping on specific acupressure points on your body. By tapping on these points while repeating the phrases, you can help to release the negative energy that is associated with your beliefs and emotions.

There are many different EFT tapping scripts that you can use to address different issues. In this article, we will focus on EFT tapping scripts for abundance. These scripts can help you to release negative beliefs about money, wealth, and prosperity. They can also help you to develop a more positive mindset and to attract more abundance into your life.

How to Use EFT Tapping Scripts

To use EFT tapping scripts, simply follow these steps:

1. Find a comfortable place to sit or stand.
2. Close your eyes and take a few deep breaths.
3. Bring to mind the issue that you want to address.
4. Rate the intensity of your negative emotions on a scale of 0 to 10, with 0 being no intensity and 10 being the most intense.
5. Choose an EFT tapping script that addresses the issue that you are working on.
6. Begin tapping on the karate chop point (the fleshy part of the hand, just below the pinkie finger) while repeating the setup phrase.
7. Continue tapping on the remaining acupressure points (eyebrow, side of the eye, under the eye, under the nose, chin, collarbone, under the arm, and top of the head) while repeating the reminder phrases.
8. Once you have completed the tapping sequence, take a deep breath and notice how you are feeling.
9. Repeat the tapping sequence as many times as necessary until your negative emotions have subsided.

EFT Tapping Scripts for Abundance

Here are some EFT tapping scripts that you can use to create an abundant life for yourself:

Abundance Script

****Setup phrase:**** Even though I have limited beliefs about abundance, I deeply and completely accept myself.

****Reminder phrases:****

* I am worthy of abundance. * I am open to receiving abundance. * I create abundance in my life with ease and joy. * I am grateful for the abundance that I have. * I am abundant in all areas of my life.

Money Mindset Script

****Setup phrase:**** Even though I have a scarcity mindset, I deeply and completely accept myself.

****Reminder phrases:****

* I have a wealthy mindset. * I believe that money is a tool for good. * I am capable of earning and saving money. * I am abundant and prosperous. * I am grateful for the financial abundance in my life.

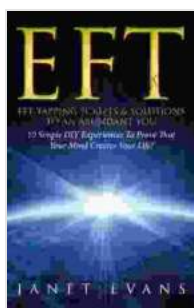
Wealth Consciousness Script

****Setup phrase:**** Even though I have a lack of wealth consciousness, I deeply and completely accept myself.

****Reminder phrases:****

* I am connected to the abundance of the universe. * I am a magnet for wealth. * I attract wealth and prosperity into my life. * I am grateful for the wealth that I have. * I am worthy of living a wealthy life.

EFT tapping scripts can be a powerful tool to help you create an abundant life for yourself. By releasing negative beliefs and emotions, you can open yourself up to the flow of abundance. Try using the scripts in this article to see how they can help you create the life that you desire.



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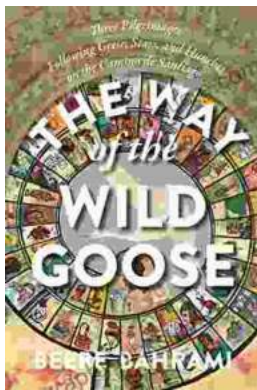
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