



EFT For Releasing Resistance To Abundance

You were born abundant and you deserve to live an abundant life. The only thing standing between you and abundance is you. If you're not experiencing abundance it's because you have resistance to it.

You didn't come in with this resistance. You developed it as you were exposed to an environment that demonstrated lack and limitation to you at every turn. Your experiences caused you to believe that you are limited, there isn't enough for everyone, you can't have what you want, you don't deserve to have abundance, you're separate from what you want and you're separate from the abundant source you came from.

That's all a load of BS (belief systems). And if you want to experience abundance in your life you must drop all the stories that are causing you to resist it and adopt stories of infinite abundance and know that you deserve to have everything your heart desires.

Dr Wayne Dyer describes it perfectly when he talks about you being like what you came from. If you take a slice of orange, what is that slice like? It's like the orange that it came from. You came from an infinitely abundant source, and you are like what you came from - infinitely abundant.

Reconnecting with who you truly are, your infinitely powerful and abundant self, is the key to experiencing true unlimited abundance in your life. And releasing resistance to it is the first step in this process.

So here's an EFT Tapping sequence to help you release resistance so you can start allowing true abundance to flow in your life again.

On a scale of 0 to 10, measure how abundant you feel. 1 is that you don't feel abundant at all, and 10 is that you feel truly abundant. Write this number down and start tapping.

Set Up Phrase

Karate Chop Point:

Even though I have some resistance to abundance, I deeply and completely accept myself.

Even though I have fears and belief systems that are blocking abundance, I deeply and completely love and accept myself.

Even though I've been blocking abundance my whole life, I love and accept myself and I'm open to releasing all that resistance now.

Tapping Through The Points:

Eyebrow: I've been resisting abundance all my life

Outside Eye: I have all these negative beliefs about abundance

Under Eye: I have all these fears and doubts about abundance

Under Nose: Lack and limitation is what I learned growing up

Chin: It's all I've known my whole life

Collar Bone: Believing there's not enough

Under Arm: Believing that I'm not good enough

Top of Head: Believing that I don't deserve abundance



Eyebrow: It's not safe for me to be abundant

Outside Eye: All the evidence I have is of lack

Under Eye: I have all this resistance to abundance

Under Nose: I have so much evidence of lack

Chin: All this fear and doubt about abundance

Collar Bone: I've been resisting abundance for years

Under Arm: I don't even know why or how

Top of Head: All my paradigms are causing me to resist abundance

Eyebrow: What if I got it all wrong?

Outside Eye: What if they got it all wrong?

Under Eye: What if I was born abundant?

Under Nose: That belief feels so much better

Chin: I was born abundant

Collar Bone: I choose to know I deserve abundance

Under Arm: I choose to release all resistance to abundance now

Top of Head: I choose to let go of all fear and doubt about abundance now

Eyebrow: I choose to know myself as abundant now

Outside Eye: I choose behaviours and thoughts that help me attract abundance

Under Eye: I choose to do everything I can to create more abundance

Under Nose: I release all resistance to abundance now

Chin: I release all my fears about abundance now

Collar Bone: I release all negative beliefs and thoughts about abundance now

Under Arm: I choose to change my stories around abundance

Top of Head: I choose in favour of abundance

Eyebrow: I give myself permission to be abundant

Outside Eye: I choose to know I am abundance

Under Eye: I choose to create unlimited abundance

Under Nose: I choose abundant thoughts

Chin: I choose abundant actions

Collar Bone: I choose to know I deserve abundance

Under Arm: I choose to know it's safe to be abundant

Top of Head: I choose to know I am abundant

Go back and rate how abundant you feel on a scale of 0 to 10. 0 is that you don't feel abundant at all, and 10 is that you feel truly abundant. Write this number down and start tapping.

Keep tapping every day until you consistently rate a 10 about feeling abundant. The more you do this tapping, the more you will adopt the feelings and behaviours that will create true abundance in your life.