



## EFT For Being Abundance

One of the most powerful tapping sequences I use most days is one that helps me to really connect with the abundance that exists around me. I tap using these phrases when I'm walking the dogs early in the morning and it puts me in a wonderful frame of mind, and vibration, at the start of each day.

Start by rating how abundant you feel on a scale of 0 to 10. 0 being you don't feel abundance at all, only lack. 10 is that you feel a deep, unshakable knowing that you are, and always will be abundant, no matter what.

### Set Up Phrase

*Karate Chop Point:*

I choose to open myself completely to the unlimited abundance of the Universe

I choose to allow abundance to flow through my life easily and without resistance

I choose to know I was born abundant and I deserve to have all the abundance my heart desires

### Tapping Through The Points:

*Eyebrow:* I see abundance everywhere

*Outside Eye:* I embrace abundance

*Under Eye:* I embody abundance

*Under Nose:* I am attracting more and more abundance into my life

*Chin:* I am swimming in an ocean of abundance

*Collar Bone:* I am immersed in abundance

*Under Arm:* Abundance is the essence of who I am

*Top of Head:* I am the essence of abundance

*Eyebrow:* I feel abundance within me

*Outside Eye:* I feel abundance flowing through me

*Under Eye:* I absorb the abundance that surrounds me

*Under Nose:* I notice abundance everywhere I go

*Chin:* Abundance is evident in every part of my life

*Collar Bone:* Abundance is who I am

*Under Arm:* Abundance is the essence of my life

*Top of Head:* Abundance is flowing through me

*Eyebrow:* Abundance is washing over me

*Outside Eye:* I am nestled in the womb of abundance

*Under Eye:* I live and breathe abundance

*Under Nose:* I allow abundance to flow through me

*Chin:* I allow myself to flow in effortless alignment with abundance



*Collar Bone:* I naturally make decisions that help me experience more abundance

*Under Arm:* I was born abundant

*Top of Head:* I deserve abundance

*Eyebrow:* I am of abundance

*Outside Eye:* I am for abundance

*Under Eye:* I am by abundance

*Under Nose:* I am abundance

*Chin:* I think abundantly

*Collar Bone:* I embody abundance

*Under Arm:* I embrace abundance

*Top of Head:* I allow abundance flowing through me effortlessly all the time

Go back and rate how abundant you feel on a scale of 0 to 10 again. 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.