



EFT For Releasing Stress About Abundance & Money

The Law of Attraction states you get what you focus on. And while you may be thinking thoughts about money, if you're actually feeling negative emotions such as fear, anxiety, stress, frustration, sadness, guilt or shame, then you are putting out a vibration of lack and that is what you're aligned with, so that is what you will attract.

When you're in alignment with abundance, you'll know because you will feel the alignment to the very core of your being.

Anything that's causing you to feel negative about abundance is just a story and it's not true.

So here's an EFT Tapping sequence to help you release negative emotional attachment such as stress to the feeling of lack around money.

On a scale of 0 to 10, measure how any negative emotion around money and abundance. Write down each emotion and it's intensity. 1 is that you don't feel any negative emotion at all, and 10 is that you feel that emotion really intensely. Write this number down and start tapping.

Set Up Phrase

Karate Chop Point:

Even though I have all this evidence of lack around money and abundance, and I feel stressed and anxious when I think about money, I deeply and completely love and accept all of me.

Even though I feel stressed when I think about money, and all I see is lack and limitation. All I feel is that I don't have enough, I deeply and completely love and accept who I am and how I feel right now.

Even though I know I'm choking off the abundance I know I'm immersed in because I feel so stressed and anxious when I think about money or abundance, I choose to relax and honour myself and love and accept myself just the way I am.

Tapping Through The Points:

Eyebrow: All this stress and anxiety around money

Outside Eye: I don't remember the last time I felt truly abundant

Under Eye: I feel disappointed and frustrated

Under Nose: Whenever I think about money

Chin: All I see is lack around money

Collar Bone: All I feel is that I don't have enough

Under Arm: I feel stressed and anxious around money and abundance

Top of Head: I feel angry and frustrated

Eyebrow: I feel disappointed and sad

Outside Eye: I feel like there's never enough

Under Eye: And it's a constant battle to have enough abundance

Under Nose: All the evidence I have is of lack and limitation

Chin: All the bills and not enough money



Collar Bone: I'd love to be able to experience more abundance in my life

Under Arm: But all I see and feel is lack and limitation

Top of Head: And I feel so stressed and anxious

Eyebrow: It would be nice to just relax and allow more abundance into my life

Outside Eye: How do I do that when all I feel is lack and limitation

Under Eye: I choose to reach for a better feeling around abundance

Under Nose: I choose to allow joyful, uplifting feelings around abundance

Chin: I choose to release all those negative feelings about abundance and money

Collar Bone: I'm ready to let go of the stress and anxiety

Under Arm: And open myself up to new experiences

Top of Head: Around Money and abundance

Eyebrow: I choose to feel just a little bit better about money and abundance

Outside Eye: I choose to see possibilities to attract more abundance into my life

Under Eye: I'm reaching for better feelings around money and abundance

Under Nose: I choose to see abundance everywhere

Chin: And just feel a little bit better about abundance and money

Collar Bone: I choose to feel a whole lot better about money and abundance

Under Arm: And I am open to all the opportunities coming my way

Top of Head: To create more abundance in my life

Go back and rate how your negative emotions around money and abundance on a scale of 0 to 10.

Keep tapping every day until you get the negative feelings down to a 0. The more you do this tapping, the more you will adopt the feelings and behaviours that will create true abundance in your life.