



EFT Tapping - Thank God I'm Rich

When you have a mindset that you have more than enough resources to help you to live the life you desire, those resources will show up in all sorts of surprising ways.

Developing this kind of mindset when you've experienced lack for a long time and your mind has been tuned in to see lack as your reality can take a mammoth effort when you don't have the right tools to help you.

This phrase is something I picked up from a mentor of mine and it is absolute gold. It's just four words and it will help to reprogram your mind to focus more on abundance and take away the sting of lack that many people experience every day.

The words are 'Thank God I'm Rich'. Use this phrase any time you get a bill that might trigger a sense of fear or even dread, or when you pay for groceries, or any time you're feeling anxiety or stress around money and wealth.

And this tapping sequence will help you to embrace this phrase on a deeper level.

Say the words 'Thank God I'm Rich' and rate how true that statement feels for you on a scale of 0 to 10. 0 that it feels like a big fat lie and 10 that it feels true on every level for you.

And now start tapping through the following sequence saying each phrase with intense feeling and emotion.

Set Up Phrase

Karate Chop Point:

Even though I get this feeling of contraction when I get a bill, thank God I'm rich.

Even though I don't have a great relationship with money, thank God I'm rich.

Even though I have this feeling of lack round money, thank God I'm rich.

Tapping Through The Points:

Eyebrow: Thank God I'm rich

Outside Eye: Thank God I'm rich

Under Eye: Thank God I'm rich

Under Nose: Thank God I'm rich

Chin: Thank God I'm rich

Collar Bone: Thank God I'm so rich

Under Arm: Thank God I'm really rich

Top of Head: Thank God I'm so rich

Eyebrow: Thank God I'm rich

Outside Eye: Thank God I'm rich

Under Eye: Thank God I'm rich



Under Nose: Thank God I'm so rich

Chin: Thank God I'm rich

Collar Bone: Thank God I'm rich

Under Arm: Thank God I'm so incredibly rich

Top of Head: Thank God I'm rich

Eyebrow: Thank God I'm rich

Outside Eye: Thank God I'm rich

Under Eye: Thank God I'm rich

Under Nose: Thank God I'm really rich

Chin: Thank God I'm so rich

Collar Bone: Thank God I'm incredibly rich

Under Arm: Thank God I'm infinitely rich

Top of Head: Thank God I'm rich

Revisit the statement, 'Thank God I'm rich' and rate how true that statement feels for you on a scale of 0 to 10 now.

Whenever you feel any anxiety or stress around money say 'Thank God I'm rich' and feel into the statement and know it on every level and tap along with this regularly.