



EFT For Being Worthy of Abundance

You were born knowing that you deserved to have everything your heart desires, and you also knew you had the power to create whatever life you wanted.

Then, through your environment and the influence of the authority figures in your life such as your parents or primary care givers, teachers, the media, friends, and other family members, your brilliance was stifled and repressed. You forgot how magnificent and beautiful and powerful you truly are and you began to believe you were limited and not worthy of having what you want.

Lack of self worth and feeling undeserving are big factors in having abundance, wealth, freedom and happiness in your life. And today's tapping video is going to start to change all that for you.

Think about your self worth around abundance. Say the statement 'I deserve infinite abundance in my life.' How true is that for you on a scale of 0 to 10.

Set Up Phrase

Karate Chop Point:

Even though I don't feel like I deserve abundance, I deeply and completely love and accept myself.

Even though I don't feel like I deserve to have what I want, I choose to love and accept who I am and how I feel right now.

Even though I don't think I deserve to have what I want and that I'm not good enough to have more abundance, I choose to love and accept who I am and how I feel right now.

Tapping Through The Points:

Eyebrow: I don't feel like I deserve to have what I want

Outside Eye: I'm not good enough to have more abundance

Under Eye: I don't feel like I deserve more abundance

Under Nose: I just don't feel like I deserve to have what I want

Chin: I don't deserve to experience more abundance

Collar Bone: I don't feel like I'm worthy of more abundance

Under Arm: I don't feel I'm worthy of having what I want

Top of Head: It makes me feel really sad

Eyebrow: Because I'd love to have more abundance

Outside Eye: I just don't feel like I deserve it

Under Eye: Other people deserve it

Under Nose: But I don't deserve it

Chin: And that makes me feel sad

Collar Bone: I don't feel worthy of abundance



Under Arm: I don't feel like I deserve more abundance

Top of Head: I'd love to have more abundance, but I just don't deserve it

Eyebrow: What if I do deserve it

Outside Eye: What if that lack of deserving is just a story

Under Eye: What if that's just negative conditioning

Under Nose: I choose to know that I am worth more abundance

Chin: I choose to believe that I deserve more abundance

Collar Bone: I love thinking that maybe I do deserve more abundance

Under Arm: It makes me feel lighter and freer

Top of Head: What if I do deserve to have what I want

Eyebrow: What if I'm worthy and capable of creating more abundance

Outside Eye: That thought feels so much lighter and easier

Under Eye: I'd love to believe it

Under Nose: What if it's true

Chin: What if the truth is I deserve more abundance

Collar Bone: What if the truth is I'm worthy of having everything that I want

Under Arm: What if I've just believing a lie all this time

Top of Head: I choose to know I am worthy

Eyebrow: Of having everything my heart desires

Outside Eye: I choose to know I deserve to have more abundance

Under Eye: I love knowing I deserve abundance in my life

Under Nose: I love knowing I am worthy of having everything my heart desires

Chin: I love knowing I am worthy and deserving

Collar Bone: Of having anything that I want

Under Arm: The truth is, I deserve to have far more abundance in my life

Top of Head: And I feel so joyful when I know that I deserve to have more abundance

Revisit the statement, 'I deserve to have infinite abundance' and rate how true that statement feels for you on a scale of 0 to 10.

Keep using this tapping to increase your self worth around abundance and having the life you desire.