



EFT For Permission To Be Abundant

What if you were to give yourself permission to have abundance and to be abundant?

Think about the statement 'I have full permission to experience abundance'. How true is that for you on a scale of 0 to 10? 0 being that it's not true at all, and 10 being that it feels absolutely true for you.

Set Up Phrase

Karate Chop Point:

I give myself permission to have all the abundance my heart desires, and I deeply and completely love and accept all of me.

I give myself permission to experience abundance in all areas of my life, and I deeply and completely love and accept all of me.

I'm excited about experiencing more abundance and I give myself permission to receive infinite amounts of abundance in all areas of my life and I deeply and completely love and accept all of me.

Tapping Through The Points:

Eye Brow: I give myself permission to experience more abundance

Outside Eye: I give myself permission to be abundant

Under Eye: I give myself permission to have infinite abundance

Under Nose: In every area of my life

Chin: I give myself permission to have more and more abundance

Collar Bone: I give myself permission to receive more and more abundance

Under Arm: I give myself permission to be abundant

Top of Head: I came from a source of infinite abundance

Eye Brow: I give myself permission to be in that flow of infinite abundance

Outside Eye: I give myself permission

Under Eye: To experience the infinite abundance that's coming to me now

Under Nose: I know I'm an abundant being

Chin: I was born abundant

Collar Bone: And I give myself permission to experience infinite abundance

Under Arm: Flowing through my life with ease and grace

Top of Head: I give myself permission to experience more and more abundance as it flows into my life with ease and grace

Take a deep breath and revisit the statement, 'I have full permission to experience abundance' and rate how true that statement feels for you on a scale of 0 to 10. Keep tapping with these phrases until you feel like you have full permission to have infinite abundance in your life.