



## EFT Tapping For An Avalanche of Abundance

If you're familiar with the law of attraction, or any personal development at all, you will have heard many times about the power of gratitude to change your life.

There's a saying, 'In order to have what you want, you must want what you have'.

This means that if you're spending more time stressed out about the stuff you don't have, than appreciating what you already have, you just going to get more examples of not having what you want.

When you get into a genuine feeling of gratitude for the blessings in your life, your vibration shifts dramatically and you become open to receiving more good things into your life. And when you offer a sense of trust and knowing that something you want is coming to you, you release resistance and allow it into your current reality.

So today's tapping is going to lift your vibration by tapping you into a state of gratitude for the avalanche of abundance that's on its way. And after the tapping, look for evidence of the abundance that's on it's way to you and choose to be grateful.

Rate how grateful you feel when you think the thought 'An avalanche of abundance is on its way' on a scale of 0 to 10. How true does that thought feel for you?

Now start by tapping on the karate chop point.

### Set Up Phrase

*Karate Chop Point:*

I am so grateful for the avalanche of abundance that's on its way.

I am feeling so grateful knowing that abundance is on its way.

I have a sense of certainty and knowing that an avalanche of abundance is coming to me now and I feel really grateful for that. And I deeply and completely love and accept who I am right now.

### Tapping Through The Points:

*Eyebrow:* I'm so grateful for the avalanche of abundance that's on its way

*Side of Eye:* I know it's coming and I feel so grateful

*Under Eye:* I feel so grateful for the avalanche of abundance that's coming to me now

*Under Nose:* Thank you Universe for the avalanche of abundance that's on it's way to me now

*Chin:* Thank you Divine Source for all the abundance that's coming to me now

*Collar Bone:* Thank you Universe for the avalanche of abundance that's coming my way

*Under Arm:* I feel so grateful for the avalanche of abundance that's coming to me now

*Top of Head:* Thank you, thank you, thank you for the avalanche of abundance that's coming to me now



*EyeBrow:* Thank you Universe for the avalanche of abundance that's on its way to me now

*Side of Eye:* There's an avalanche of abundance on it's way and I am so grateful

*Under Eye:* I am so happy and so grateful for the abundance that's coming to me now

*Under Nose:* I don't know how it's coming but I know it's on its way

*Chin:* And the more grateful I feel the more I allow it in

*Collar Bone:* I feel such a sense of certainty and knowing that an avalanche of abundance is on it's way to me now

*Under Arm:* Thank you, thank you, thank you Universe

*Top of Head:* For the avalanche of abundance that's on its way to me right now

Take a deep breath and rate how grateful you feel when you think the thought 'An avalanche of abundance is on its way' on a scale of 0 to 10. How true does that thought feel for you? Keep tapping until you feel a sense of certainty and a deep feeling of gratitude for the abundance that is on its way into your life.