



## EFT Tapping for Judgements About Money

We are conditioned from the day we are born with a wide variety of perceptions and judgements about the world we live in. These come via what we are exposed to in our environment and the most influential people and authority figures in our lives.

Judgements and belief systems about money are complex, varied and loaded with emotion. From 'money is the root of all evil', 'money is dirty' or 'money causes conflict' to 'you have to work hard for money', 'money doesn't grow on trees', or 'it's greedy to want more money' there are many different belief systems that will be influencing your relationship and your results with money.

I recommend you spend some time thinking about what judgements and negative belief systems you have from your childhood that were demonstrated to you as you were growing up and write them down. How was your parents relationship with money? What kind of things did they say or what did they demonstrate about money? Did they argue about money? The more specific you are about your thoughts, emotions, belief systems and your experiences around the subject of money, the better your results will be.

Tune into your feelings when you think about money. Do you have any negative feelings and how intense are they on a scale of 0 to 10. Write down the rating and work through the tapping sequence below, substituting your specific feelings and beliefs as you go where appropriate.

### Set Up Phrase

*Karate Chop Point:*

Even though I have all these judgements about money, I deeply and completely love and accept myself anyway.

Even though I have all these judgements and perceptions about money that tell me that having money is wrong and greedy, I choose to love and accept who I am and how I feel right now.

Even though I think about money and I think it's wrong to have money, I think it's wrong to want more money, I choose to love and accept who I am and how I feel even with all these judgements and perceptions about money.

### Tapping Through The Points:

*Eyebrow:* It's greedy to want more money

*Side of Eye:* Money turns people into monsters

*Under Eye:* Money makes people selfish and mean

*Under Nose:* Wanting more money is just greedy

*Chin:* Money is dirty

*Collar Bone:* Money is the root of all evil

*Under Arm:* Money is hard to come by

*Top of Head:* You have to work really, really hard to have money



*Eyebrow:* Wanting more money is selfish and greedy

*Side of Eye:* Money turns people into not very nice people

*Under Eye:* Money doesn't grow on trees

*Under Nose:* There's not enough money in the world for everyone

*Chin:* And if I have more somebody else have to have less

*Collar Bone:* If I have more money somebody else suffers

*Under Arm:* There's not enough money to go around

*Top of Head:* Money is hard to come by

*Eyebrow:* You have to be mean and selfish if you want more money

*Side of Eye:* Money turns people into monsters

*Under Eye:* Money makes people thoughtless and unkind

*Under Nose:* Wanting more money is greedy and selfish

*Chin:* Money is just evil and dirty

*Collar Bone:* Wanting more money is greedy

*Under Arm:* And money turns people into monsters

*Top of Head:* Money doesn't grow on trees

*Eyebrow:* What if all this is a load of BS

*Side of Eye:* What if I've believed in these lies all my life and they're not true

*Under Eye:* What if money isn't any of these things

*Under Nose:* Money is just money after all

*Chin:* Either paper or coins

*Collar Bone:* Digits on a screen

*Under Arm:* I choose to know money is not any of that awful stuff

*Top of Head:* And it's not money that affects people

*Eyebrow:* Money is just money

*Outside Eye:* If I had more money I'd be more generous and kind

*Under Eye:* And I will do good things in the world when I have more money

*Under Nose:* Having more money means that I can do great things for nice people

*Chin:* Money is just an exchange of energy

*Collar Bone:* Money doesn't have any influence to turn me into a different person

*Under Arm:* And I know there's plenty of money out there for everybody

*Top of Head:* More money is created in our financial system every day



*Eye***row:** There is plenty to go around

*Outside Eye:* And money can facilitate great things in the world

*Under Eye:* With more money I could help those people who have less

*Under Nose:* And fund good social enterprise

*Chin:* And give money to people and charities that are helping others

*Collar Bone:* Money is an enormous power for good in the world

*Under Arm:* When the right people have it

*Top of Head:* I choose to know that money is just money, and drop all those bad perceptions and judgements that are just stories, so I can do more good things in the world with more money

Now think again about any negative feelings you have when you think about money and what money means. How intense are those feelings on a scale of 0 to 10. Pay attention to any negative feelings or beliefs you have about money in future, write them down and tap them away.

Write down ways you can think of to receive Divine Wealth and how you will repurpose money you receive to help you to fulfil your dreams and make a positive difference in the world. Dedicate your life to receiving and repurposing money as Divine Wealth.