



## EFT Tapping - I Am That I Am

When God appeared to Moses and sent him as his messenger to lead the Israelites out of Egypt to the promised land and liberate them from slavery, Moses asked who will I say sent me and God said 'I Am That I Am', which is the meaning of the name Yahweh.

You came from the infinite Source, and you are like the Source that you came from. You are connected to everything and you have more power than you have ever imagined possible.

You are in control of your destiny and your life, and today is about reconnecting fully with that source and acknowledging yourself as truly powerful and consciously taking control of your destiny.

Say the statement 'I am that I am' and note how strongly you resonate with that statement on a scale of 0 to 10. Now tap through the following sequence.

### Set Up Phrase

*Karate Chop Point:*

I choose to believe that I am that I am, and I deeply and completely love and accept myself.

I choose to know I am the source of all things, and I deeply and completely love and accept myself.

I choose to know my true self and I know that I am that I am and I deeply and completely love and accept all of me.

### Tapping Through The Points:

*Eyebrow:* I am that I am

*Side of Eye:* I am greatness

*Under Eye:* I am in charge of my destiny

*Under Nose:* I have the ability to achieve anything I put my mind to

*Chin:* I have infinite power within me

*Collar Bone:* I embrace all my power now

*Under Arm:* I was born with unlimited power and potential

*Top of Head:* I am that I am

*Eyebrow:* I am that I am

*Side of Eye:* I am that I am

*Under Eye:* I am that I am

*Under Nose:* I am that I am

*Chin:* I am that I am

*Collar Bone:* I am that I am

*Under Arm:* I am that I am

*Top of Head:* I am that I am



*Eyebrow:* I am that I am

*Side of Eye:* I am that I am

*Under Eye:* I am that I am

*Under Nose:* I am that I am

*Chin:* I am that I am

*Collar Bone:* I am that I am

*Under Arm:* I am that I am

*Top of Head:* I am that I am

Take a deep breath and say the statement 'I am that I am' and note how strongly you resonate with that statement now on a scale of 0 to 10. Do you feel empowered and capable of achieving anything you put your mind to?

Do this tapping regularly to remind you of your power, who you truly are, and your connection with the Source that you came from.

This is the last tapping video in the 21 Days of Tapping Into Abundance Masterclass series.

Make sure you continue to make tapping a daily ritual, tapping along with these videos and on any beliefs or emotions that become evident through your thoughts and actions.

21 Days is a significant start to changing your life, now it's up to you to continue to build upon the momentum you have started to build. The more consistent and dedicated you are, the better your results will be.

And remember to continue to use EFT Tapping as a daily practice so you can continue to get better and better results and be more of who you truly are.