



EFT For Unleashing Greatness

When you were born, you knew you were the essence of the source that you came from. And you knew that source to be all powerful and all knowing, and that, as a direct extension of that source, that you were also infinitely powerful and capable of achieving anything you put your mind to. You knew you were born great.

Then you started to experience yourself in a different way. Your environment demonstrated to you and taught you that you weren't all powerful, all knowing, or capable of achieving great things. Your environment, and the people in it, conditioned you to distance yourself from greatness and taught you about lack and limitation.

All of that conditioning is false and based in fear. Everything changes when you release your attachment to those stories and belief systems that are telling you you're not good enough, you don't deserve abundance, you're a mediocre individual, you're not smart enough. When you truly acknowledge the greatness that resides within you, you become unstoppable and anything, ANYTHING IS POSSIBLE!

Now is the time to release all the condition that taught you fear, lack and limitation, and embrace your greatness so you can be unstoppable and achieve everything your heart desires, and so much more.

Start by rating how true this statement is you on a scale of 0 to 10 - "I am great and I am capable of achieving anything I put my mind to". 0 is if it doesn't feel true on any level. 10 is that you feel truly great, capable of achieving anything and ready to take on the world and be unstoppable.

Write that rating down before you start the tapping.

Set Up Phrase

Karate Chop Point:

I choose to reconnect with my greatness and be unstoppable.

I'm ready to release all the conditioning that is limiting my potential.

I choose to know myself and my true power and unleash my greatness.

Tapping Through The Points:

Eyebrow: I choose to release all conditioning keeping me from knowing my true self

Outside Eye: I choose to embrace my true self

Under Eye: I choose to reconnect with who I truly am

Under Nose: I love knowing I have infinite power and potential

Chin: All these years I've been living a lie

Collar Bone: A lie of mediocrity and limitation

Under Arm: When the truth is I have infinite power and potential

Top of Head: I'm ready to unleash my greatness



Eyebrow: And be all I can be

Outside Eye: And achieve everything my heart desires

Under Eye: I give myself permission to be powerful and limitless

Under Nose: I choose to be all of me right now

Chin: I love knowing I have infinite power and potential

Collar Bone: And I am capable of achieving anything I put my mind to

Under Arm: I choose to know I am greatness

Top of Head: I act from a space of greatness

Eyebrow: I reconnect with who I truly am

Outside Eye: And know I am great and powerful

Under Eye: I choose to know I am in control of my destiny

Under Nose: I give myself permission to shine

Chin: I allow myself to explore all facets of my greatness

Collar Bone: I know I am truly great and powerful

Under Arm: I was born great

Top of Head: I embrace fully my true power and greatness

Eyebrow: I come from greatness

Outside Eye: I am greatness

Under Eye: I live from greatness

Under Nose: I know I can achieve anything I put my mind to

Chin: I am unstoppable

Collar Bone: I choose to be the essence of greatness

Under Arm: I love that I am in control of my destiny

Top of Head: I choose to unleash my power and my limitless potential in the world

Again, go back and rate how true this statement is you on a scale of 0 to 10 - "I am great and I am capable of achieving anything I put my mind to". Keep doing this tapping regularly until you know yourself to be truly infinitely powerful and capable of achieving anything you put your mind to and you rate a 10 every time you say that phrase. Then you will be truly unstoppable and a formidable positive force in your own life, and in the lives of others.