



## EFT To Transmute Your Blocks To Abundance

The only thing stopping you from realising more abundance in your life is the belief systems and conditioning that are blocking you from experiencing yourself as an abundant being.

This is a generic EFT tapping to help release the blocks that are stopping you from having more abundance in your life. The more specific you can be about what these blocks are, the better your results will be. This tapping will help to soften and bring up the blocks and limiting beliefs you have around abundance. Pay attention to what messages the Universe shows you after doing this tapping that are letting you know any specific blocks you need to release.

Set an intention to connect with any and all blocks that you have around abundance in your subconscious before starting this tapping.

When you think about these blocks and limiting beliefs, how intense do they feel on a scale of 0 to 10, 0 being they don't register at all and 10 being that they're really strong. Write the number down before you start the tapping.

### Set Up Phrase

*Karate Chop Point:*

I acknowledge all my blocks that are stopping me from experiencing wealth and abundance in my life and I deeply and completely love and accept myself.

I acknowledge and appreciate all the programming that's been stopping me from experiencing wealth and abundance in my life, and I deeply and completely love and accept all of me right now.

I recognise and acknowledge all the limiting beliefs that have been stopping me from experiencing abundance and I am ready to transmute, transform and transcend all these blocks now, and I deeply and completely love and appreciate all of who I am right now.

### Tapping Through The Points:

*Eyebrow:* I transmute, transform and transcend

*Side of Eye:* All blocks to wealth and abundance in my life

*Under Eye:* I acknowledge all blocks to wealth and abundance

*Under Nose:* And I choose to transmute them now

*Chin:* I choose to transcend them now

*Collar Bone:* I choose to transform and release all blocks now

*Under Arm:* I acknowledge and appreciate all limiting beliefs

*Top of Head:* I know they've been trying to keep me safe



*Eyebrow:* And I choose to release them now

*Side of Eye:* And know that I am safe

*Under Eye:* I transmute all blocks and limiting beliefs

*Under Nose:* That are stopping me from experiencing wealth and abundance

*Chin:* I transmute, transform and transcend

*Collar Bone:* All blocks to wealth and abundance now

*Under Arm:* And know that I am completely safe

*Top of Head:* I choose to transcend all blocks & limiting beliefs to wealth & abundance

*Eyebrow:* I choose to transmute all limiting beliefs and blocks to wealth and abundance

*Side of Eye:* I choose to transform all limiting beliefs to wealth and abundance

*Under Eye:* I release all blocks to wealth and abundance now

*Under Nose:* I connect with all limiting beliefs

*Chin:* That are stopping me from experiencing wealth and abundance

*Collar Bone:* And I choose to release them now

*Under Arm:* I choose to transmute, transform and transcend

*Top of Head:* All limiting beliefs and blocks to wealth and abundance

*Eyebrow:* And I invite wealth and abundance into my life

*Side of Eye:* and know that I am safe.

*Under Eye:* I transmute these blocks to wealth and abundance

*Under Nose:* I transcend these blocks to wealth and abundance

*Chin:* I transform all blocks and beliefs to wealth and abundance

*Collar Bone:* And I am open to receive all the wealth & abundance that's coming my way

*Under Arm:* I release all block sand limiting beliefs to wealth and abundance

*Top of Head:* I choose to transmute, transform & transcend all blocks & limiting beliefs that are stopping me from experiencing wealth & abundance in all areas of my life.

Take a deep breath and rate the intensity of your blocks and limiting beliefs about abundance on a scale of 0 to 10.

Keep doing this tapping regularly until you get the feelings down to a 2 or below, preferably a 0.