



EFT To Say 'YES' To Abundance

There's a simple solution to attracting more abundance into your life and that is to say 'Yes' to receiving it on all levels.

The trick is to release all the limiting BS that's blocking it and align yourself vibrationally on all levels with abundance. And that's what this tapping is all about.

When you say 100% 'Yes' to abundance in all areas of your life, and release all resistance it has not option but to flow in. And you can have infinite abundance when you say 'YES' to it.

Rate how open you feel to abundance on a scale of 0 to 10. When you say the statement 'I say yes to abundance' how true does it feel for you.

Set Up Phrase

Karate Chop Point:

Even though I've been saying 'No' to abundance, I'm ready to flip my card to 'Yes' and invite abundance into my life, and I deeply and completely love and accept all of me.

Even though I've been blocking abundance, I'm ready to allow it completely to flow in my life easily and effortlessly, and I deeply and completely love and accept myself right now.

Even though I've been blocking abundance, I'm ready to ditch all of those blocks and over ride them to allow abundance to flow effortlessly into my life, I am saying 'Yes' to abundance right now and I deeply love, honour and accept myself right now.

Tapping Through The Points:

Eyebrow: I'm saying yes to abundance

Side of Eye: I'm releasing all those blocks

Under Eye: I've been saying 'No' for so long

Under Nose: And it's all those fears doubts and belief systems

Chin: Because I know I live in an abundance Universe

Collar Bone: I choose to say 'Yes' to abundance now

Under Arm: I'm choosing to give abundance the green light in my life

Top of Head: I'm releasing and over riding all the blocks I've had to abundance

Eyebrow: And I'm giving abundance the green light to flow into my life

Side of Eye: Easily and effortlessly

Under Eye: I'm saying yes to abundance

Under Nose: Letting go of all those fears and doubts

Chin: Letting go of all the lies that I'm not good enough and I don't deserve it

Collar Bone: That's just conditioning

Under Arm: None of that stuff is true

Top of Head: I was born an abundant being



Eyebrow: And I am saying 'Yes' to abundance in my life

Side of Eye: I am inviting abundance into my life

Under Eye: And allowing it to flow freely and easily

Under Nose: I choose to feel abundant

Chin: I am saying 100% 'Yes' to abundance

Collar Bone: I am saying 100% 'Yes' to abundance

Under Arm: I choose to say 'Yes' to abundance

Top of Head: Everywhere I go I say 'Yes' to abundance and allow it flow freely and effortlessly into my life

Take a deep breath and rate the feeling when you say the statement 'I say 'Yes' to abundance'. How true does it feel on a scale of 0 to 10. Keep tapping until you reach a 9 or preferably a 10.

And make 'I say 'YES' to abundance your mantra wherever you go.