



EFT For Abundance Is Your Birthright

The Law of Attraction has become a popular topic for many personal development programs over the past 10 years, particularly since the release of the movie *The Secret*.

And whilst there are thousands of programs out there that cover the basics about the Law of Attraction principals, people are still unfortunately struggling with creating abundance in their lives.

The truth that not many talk about is that you were born an abundant being and abundance is your birthright. When you release the stories and belief systems that are telling you anything that conflicts with this belief, and you decide to claim your birthright of abundance, you will start to immediately see changes start to occur around abundance for you.

Think about your experience of abundance and how abundant you feel. Say the statement, 'Abundance is my birthright' rate how true that statement feels for you on a scale of 0 to 10, 0 being they don't register at all and 10 being that they're super intense. Write those ratings down before you start the tapping.

Set Up Phrase

Karate Chop Point:

I choose to know that abundance is my birthright and I deeply and completely love and accept all of me.

Even though I'm not experiencing abundance right now, I choose to reconnect with my truth and know that I am an abundant being and that abundance is my birthright, and I love and honour all of me right now.

Even though I can't see evidence of abundance in my life, I choose to reconnect with the truth of the abundance that I came from, knowing that I came from an abundant source, and abundance is my birthright. I deeply and completely love, honour and accept who I am and how I feel right now.

Tapping Through The Points:

Eyebrow: Even though I don't have much evidence of abundance

Outside Eye: I'm ready to remember who I truly am

Under Eye: And choose to know that abundance is my birthright

Under Nose: I came from a source of infinite abundance

Chin: I choose to know I have the power

Collar Bone: To attract and create abundance in my life

Under Arm: Even though I've been experiencing lack

Top of Head: I choose to remember that I am an abundant being

Eyebrow: I was born from an infinitely abundant source

Outside Eye: And abundance is my birthright

Under Eye: Abundance is who I truly am



Under Nose: I choose to see the evidence of abundance

Chin: Everywhere in my life

Collar Bone: And I choose to open myself up

Under Arm: To attracting more and more abundance

Top of Head: I choose to know that abundance is my birthright

Eyebrow: And know myself as an abundant being

Outside Eye: I see abundance everywhere

Under Eye: I am immersed in abundance

Under Nose: Abundance is my birthright

Chin: I came from a source of infinite abundance

Collar Bone: And I live in an abundant Universe

Under Arm: I recognise and appreciate that I am surrounded by abundance

Top of Head: I choose to know that I am an abundant being and that abundance is my birthright.

Revisit the statement, 'Abundance is my birthright' and rate how true that statement feels for you on a scale of 0 to 10.

Keep doing this tapping regularly until you get the feelings up to around a 10. Say this statement to yourself throughout your day with certainty and confidence. Know that you were born an abundant being and abundance is your birthright and approach all aspects of your life with that kind of attitude and watch in awe as the Universe responds to prove it to you!