



EFT Tapping - Clear Blocks From Your DNA

The vast majority of all abundance and mindset programs focus on changing programming acquired from the lifetime we're currently living. I think this ignores what I believe to be a critical factor in our ability to create abundance and wealth in our lives - the conditioning we have stored in our cellular memory and our DNA from our ancestors and past lifetimes.

Scientific research has proven we have cellular memory and this is handed down from generation from generation. And memory stored in our subconscious from previous lifetimes also impacts our belief systems and our results in this life.

Our mind or consciousness is not only contained in the organ known as the brain, but spread right throughout our body in each and every cell.

So today's EFT tapping is all about releasing conditioning and belief systems that you may have brought with you into this lifetime so they no longer have any impact on your present or your future. And the best part is when you release it for yourself, you release it for all future generations as well, even if they are already born into this life. Pretty cool huh!

Before you start tapping, set the intention to release all negative conditioning and belief systems stored in your cellular memory and your DNA that could be blocking abundance in your life. Now tap through the points using the sequence below.....

Set Up Phrase

Karate Chop Point:

Even though I have cellular memory and programming in my DNA that's blocks money, wealth and abundance in my life, I deeply and completely love and accept all of me right now.

I tune into any programming and limiting beliefs, fears and doubts about money and abundance that are negative and blocking me from having wealth and abundance in my life that are locked in my DNA and my cellular memory, so I can release them now, and I deeply and completely love and accept all of me right now.

Even though I brought cellular memory and DNA programming with me into this lifetime that could be blocking wealth and abundance in my life I choose to love and accept all of me and I am open to releasing all of that limiting programming right now.

Tapping Through The Points:

Eyebrow: Releasing all blocks and limiting beliefs

Side of Eye: From my DNA and my cellular memory

Under Eye: Around money wealth and abundance

Under Nose: Releasing all fears doubts and negative emotions

Chin: That I brought with me from my ancestors and past lifetimes

Collar Bone: That are blocking wealth, money and abundance in my life

Under Arm: Letting go of all cellular memory and DNA programming

Top of Head: That is stopping me from having wealth, money and abundance



*Eye***row**: Letting go of all blocks from past generations

Side of Eye: Releasing all limiting beliefs from past lifetimes

Under Eye: They have no relevance in my life today

Under Nose: Releasing all blocks and limiting beliefs

Chin: About money, wealth & abundance from my DNA and my cellular memory

Collar Bone: Releasing all hold of limiting beliefs and blocks

Under Arm: From my cellular memory and my DNA

Top of Head: On money wealth and abundance

*Eye***row**: Releasing all fears, doubts and belief systems

Side of Eye: From past lifetimes and my ancestors

Under Eye: That are blocking money, wealth and abundance in my life

Under Nose: Knowing none of that is relevant in this lifetime now

Chin: I choose to be free of all limiting beliefs and blocks

Collar Bone: Handed down from my ancestors

Under Arm: Brought in from previous lifetimes

Top of Head: Around money, wealth & abundance

*Eye***row**: Reprogramming my cellular memory and my DNA

Side of Eye: To have positive beliefs and emotions around money, wealth and abundance

Under Eye: Downloading positive programming around money, wealth and abundance

Under Nose: Into my cellular memory and my DNA now

Chin: Overriding all blocks and limiting beliefs that

Collar Bone: That were programmed into my cellular memory and my DNA

Under Arm: From past lifetimes and from my ancestors

Top of Head: Around money, wealth and abundance

*Eye***row**: I choose to be free of all negative programming in my DNA and my cellular memory

Side of Eye: So I can create freedom around money, wealth and abundance in my life

Under Eye: I choose to be free now from all limiting beliefs and conditioning

Nose: That were handed down to me through my ancestors and my past lifetimes

Chin: In my DNA and my cellular memory

Collar Bone: Adopting new positive programming around money, wealth and abundance

Under Arm: In my DNA and my cellular memory

*Eye***row**: Allowing universal intelligence to know the power of who I truly am



Side of Eye: So I can create more money, wealth and abundance in my life

Under Eye: Reprogramming my cells and my DNA

Nose: With positive beliefs and conditioning

Chin: About money, wealth and abundance

Collar Bone: Programming my cellular memory and my DNA to be wealthy and abundant

Under Arm: Universal intelligence is reprogramming my cellular memory and my DNA

Top of Head: To be wealthy, abundant and have all the money my heart desires and have abundance in all areas of my life

Take a deep breath and check in to any negative thoughts and belief systems in your cellular memory and DNA. Do you sense that you still have any locked away, or do you feel clear? This is a good thing to tune into now and again just in case something comes to light that wasn't there before.