



EFT Tapping - What You Want Is On It's Way

Dr Wayne Dyer, and many other spiritual teachers and mentors, talk about how we are connected to everything and separate from nothing.

The reason most people have difficulty manifesting what they want is they see the object of their desire as something that is separate from them. This false belief causes them to yearn for it believing that the fact they don't have the thing that they believe is separate from them is what's causing them to be unhappy. When in fact, it's the belief that they are separate from what they want that is both the cause of their unhappiness, and what is stopping them from manifesting the object they desire.

So when you correct that belief and realise you are connected to all things and separate from nothing, suddenly the object of your desire is able to be manifested into your current reality much more quickly because you're not offering resistance to it through an incorrect belief.

Your wanting of something holds it away from you, and how can you want something that is a part of you already?

So instead of yearning for what you want and feeling miserable because you don't have it yet, relax and know that what you want is on its way. Nurture a feeling of certainty and knowing that you will experience it in your reality soon enough and you will release a lot of the resistance you've been offering to having it come to you.

So today's tapping is about relaxing and allowing by knowing what you want is on its way. First think about something that you want in your life. It could be around money, relationships, career, health or anything that is causing a sense of anxiety or stress.

Think about something you want and feel anxious about because you don't have it right now. Rate the level of stress that you feel on a scale of 0 to 10. Now tap through the sequence below.

Set Up Phrase

Karate Chop Point:

Even though I feel stressed and anxious because I really want this and it's not coming, I deeply and completely love and accept myself.

Even though I feel this stress and anxiety, because I want this so badly but I just feel like it will never come, I deeply and completely love and accept myself anyway.

Even though what I want seems too be too hard for me to get and it feels like I'll never have it, I choose to relax and allow and honour myself and know that it's on its way.

Tapping Through The Points:

Eye brow: It feels like I'll never have it

Side of Eye: It causes me stress and anxiety

Under Eye: I want it so badly

Under Nose: But I don't think I'll ever get it

Chin: All this stress and anxiety



Collar Bone: It feels like I'll never have what I want

Under Arm: And It's causing me a lot of distress

Top of Head: What if I just relaxed and allowed

Eyebrow: I choose to just relax and know that it's on its way

Side of Eye: I choose to let go of the stress

Under Eye: And know deep in my heart that it's on its way

Under Nose: I relax and allow it to enter my being

Chin: I relax and know that what I want is on its way

Collar Bone: It's coming to me now and all I have to do is relax and allow

Under Arm: I choose to release the tension and just relax and allow

Top of Head: I choose to know that what I want is on its way and I choose to relax and allow it to come into my experience now.

Take a deep breath and rate the level of stress and anxiety you feel about what you want now on a scale of 0 to 10. Keep doing this tapping until you cultivate a sense of certainty that what you want is on its way and all the stress around not having it is gone.