

New year's special

Tapping on receiving in the New Year

KC: even though I make these resolutions every New Year, I'm seemingly unable to keep them. It seems that I lack the willpower or focus. However, today I choose to forgive myself for all of that and I choose to deeply and completely love, honour and accept myself.

KC: even though I feel I have wasted another year by not following my intentions and I feel I should have done more, or done better. I choose to forgive myself for this feeling of failure and the continuous negative self-talk. I choose to deeply and completely love, honour and respect myself.

KC: even though I want to be open to change and a fresh start, I feel doubt setting in, the minute I try to picture how I would like my life to be. Like that is not there for me, because I do not deserve it or because.... (Fill in the blank). However, today I choose to forgive myself for all of that. Today I choose to be open to a different reality within my existing reality and I choose to deeply and completely love, honour and accept myself.

Tapping points;

TE – Tip of the eyebrow

SE – Side of the eye

UE – Under the eye

UN – Under the nose

CH – On the chin

CB – On the collarbone

UA – Under the arm

TH – On the top of the head

1st round, acknowledging

TE – The New Year... time to start afresh

SE – but I'm dreading it

UE – it's only confronting me with everything I haven't achieved

UN – It doesn't feel fresh and new, it feels daunting and frustrating

CH – I want to believe that it is possible to have the life I want

CB – but I don't really

UA – because I have been trying so hard for so long, but nothing seems to change

TH – or not fast enough anyway

TE – I feel fed up

SE – with the struggle, the discomfort, the pain, the disappointment

UE – something needs to change

UN – but I don't know how or if I'm even able to change

CH – what if this is it?

CB – Maybe I should just resign to this being it

UA – but I don't want to just resign and give up

TH – there has to be something better than this

If you feel more needs to be expressed do so in another round (or 2, 3, however many you need!)

TE –
SE –
UE –
UN –
CH –
CB –
UA –
TH –

2nd round, releasing

TE – Now I choose to stop
SE – As I take a deep breath in
UE – I choose to tap into my awareness
UN – the truth of me
CH – which is ever present
CB – and filled with love, light and infinite possibilities
UA – (tap and take a couple of deep breaths in and out)
TH – I Am ever present, I AM filled with love, light and infinite possibilities

TE – I now choose to put a spotlight on the imposter i
SE – the (negative) chit chat in my mind
UE – which never seems to stop
UN – and which is not of love, light and stops me from seeing infinite possibilities
CH – it's like a computer virus, it sometimes takes me over completely
CB – No more! I close my door to this virus
UA – I AM in control, I AM the only authority in my live. The real I that I AM
TH – I now take control of my mind, my body and my well being

Take a deep breath in and exhale. Close your eyes and do nothing, nothing, less than nothing. Simply have awareness on what ever it is your are feeling, seeing, noticing. If you seemingly do not see, feel, hear, notice anything, that is fine. Simply trust that the energy is shifting regardless.

Let's continue on this releasing round;

TE – I now see, know and recognize that there is a virus that is trying to take over my well being
SE – I will not allow this.
UE – I now see, know and recognize that this virus is the cause of all the fear I have been holding on to in my body and mind
UN – fear of failure, fear of rejection, fear of things never getting better for me

CH – and all other thoughts, emotions and un truths that I have bought into during my life and life time.

CB – I now choose to let all of this go, from my body, mind and energy bodies

UA – I now choose to release and let go all of this on a cellular level

TH – on a molecular level, from my physical body and my energy body

Continue tapping;

TE – I'm letting it go, I'm letting it go, so it dissolves into the nothingness it originally came from

SE – (continue tapping as you do nothing, nothing and less than nothing. Simply have awareness on what you see, feel notice –if anything. Maybe you can even notice these heavy energies being lifted into light and dissolved)

UE – Instead I now allow the space left behind to be filled with unconditional love ties

UN – I now choose love, light and wholeness in my body, mind and being

CH – I now choose to connect to the truth of my being

CB – I am now open to receive

UA – receive infinite possibilities, infinite blessings, infinite joy and wholeness

TH – I am now open to receive what is there in abundance for everybody and that which is my birth right; ease, joy, glory, abundance, peace,.... (use your own words)

Stop tapping, take a deep breath in and exhale. Close your eyes and BE for a moment.

Round 3; gracefully allowing what you DO want.

TE – I am ready to receive

SE – From that place of awareness and flow, the truth of my being, I am ready to receive all that matches that energy

UE – bliss, love, wholeness, contentment, joy, (fill in what you are ready to let into your life)

UN – I am now open to the infinite possibilities that are available to me

CH – and I wonder, I wonder, I wonder what I will do first

CB – and I wonder how I will feel

UA – and I wonder what else I am capable of

TH – and I wonder how my life will change for the better now that I am ready willing and able to allow all that I am into my life.

TE – I am awareness. My awareness is ever present as my inner compass

SE – I am filled with love and light and I am perfect, complete and whole while connected to my awareness

UE – My awareness is ever present therefor I am ever perfect, complete and whole, filled with love and light

UN – That feels good! This is my true self

CH – I am in control of my body, mind and being

CB – I am ready and able to allow all good to flow into my life now!

UA – I open myself up to myself now and forever more

TH – and I am in profound peace

Stop tapping, take a deep breath in and do nothing, nothing, less than nothing. Feel, observe, notice. When you feel the tapping is completed now go on to the next step. If you feel more needs to be expressed continue tapping!

TE -
SE -
UE -
UN -
CH -
CB -
UA -
TH -

The next step;

Remain silent with your eyes closed. Take a couple of deep breaths in and out. Now allow from this place of being connected to your awareness or super conscious to come to your minds eye a scene in the near future. What shows it self? From this place of BE-ingness, what will you do? From flow, what will you do? Who will you be, what will you do and as a result what will you have from that place of flow. Take some time to explore. Don't force, just be open and curious, simply have awareness on what shows itself, much like you had awareness on the word you were playing with. No thoughts, just observing.

When you feel it is complete, open your eyes. What showed itself? What was different now that you went from force to allowing? And I wonder, I wonder what else is possible!
Happy New Year!