

EFT Card on Financial Fear

Setup Phrase:

Tap over the heart or on the side of your left hand, while saying the following three statements (edit words as needed):

Even though... I have this fear... about money and finances... I am willing... to make room for peace.

Even though... I am worried about the future... I am willing... to place my future... in the hands of God.

Even though... I'm not sure what will happen... I make room... for a peaceful, positive & happy outcome.

Tapping Points:

- Top of Head:** I release all the worry... all the fear... and all my concerns about money.
- Eyebrows:** I am willing... to forgive myself... for every mistake I think I made.
- Side of Eye:** I release the past... along with all judgments against myself. My goal is peace.
- Under the Eye:** I release all the roots... and all the causes... of my fear about money.
- Under the Nose:** If there has ever been a time... when I didn't feel safe... loved... or provided for...
- On the Chin:** I want the truth instead of this... I am forever safe... in oneness with God.
- Collarbone:** As I accept God's Plan... without hesitation... I experience a higher level of abundance.
- Over the Heart:** If there has ever been a time... when I chose poverty or struggle... as a way of life...
- Center of Chest:** ... I release that experience completely... I choose peace instead of this.
- Side of the Hand:** Abundance is of God and a natural part of who I am. There is no power outside myself.
- Inside the Knees:** I am as God created me... I am whole... complete... safe and loved.
- Over the Heart:** I place all decisions in the hands of God... where every problem is quietly resolved.
- Center of Chest:** I will step back... and let Him lead the way... I am safe & sustained by the Love of God.

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