

EFT Card on Grief & Loss

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 feel disoriented... due to recent changes... I am willing to make room for the help I need.

Even though... I have been strong for others... I am willing to tune in... and be strong for myself.

Even though... I have this sadness... I am willing to give myself... the time I need to heal and rest.

Tapping Points:

- Top of Head:** I release all the sadness... and all the grief... and all feelings of loss.
- Eyebrows:** I ask God... to guide me through this...lifting me up...and giving me the strength I need.
- Side of Eye:** This experience has brought a lot of changes... and a whole new experience of life.
- Under the Eye:** I am willing... for the changes... to be peaceful and smooth... on my behalf.
- Under the Nose:** I want to feel peaceful... even if I don't know how to get there.
- On the Chin:** I am willing... to trust God's Plan... and accept the changes that are taking place.
- Collarbone:** There are things... I don't understand... but I am willing... to accept them anyway.
- Over the Heart:** I release all the worry... all the fear... and any feelings of overwhelm.
- Center of Chest:** I open my heart to the happiness... that God has for me... I am willing to be shown.
- Side of the Hand:** I release my concerns... about the future... and will let the Divine Plan unfold.
- Inside the Knees:** I place my future... in the Hands of God... trusting I am safe... and secure.
- Over the Heart:** I am willing to be guided... on every step... of what to do... and how to move forward.
- Center of Chest:** I will be gentle and patient with myself... as I go through this...taking all the time I need.

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