

EFT Card on Seizing Fearful Thoughts

Setup Phrase:

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

There are times... when my mind is busy... or it races in fear... and I can't shut it off... or shut it down.

There are times... when I get so worried... that I can't think clearly... and I can't sleep at night.

There are times... when I get so overwhelmed... and it feels like there are no solutions... and no way out.

Tapping Points:

- Top of Head:** I release all the worry... all the fear... and every concern that brought about my fear.
Eyebrows: I ask God to heal my mind... and to guide me... as I walk through this.
Side of Eye: I want a peaceful outcome... even if... I don't know how to get there.
Under the Eye: I am willing to be shown... how a positive outcome is possible...when it looks so bleak.
Under the Nose: I release all the fear... and all the roots and causes... of all the fear.
On the Chin: I release all the worry... and all the roots and causes... of all the worry.
Collarbone: I release all my concerns... and all the roots and causes... of all my concerns.
Over the Heart: I want to see this differently... I want a peaceful and happy outcome... in all respects.
Center of Chest: I am willing... to see myself as capable... of getting through this with ease.
Side of the Hand: I am willing... to see everyone involved... as capable of doing their part.
Inside the Knees: I place my future... in the Hands of God...trusting I am safe...secure...and provided for.
Over the Heart: I am willing to be guided... on every step... of what to do... and how to proceed.
Center of Chest: I choose peace instead of pain...& love instead of fear. I want peace now above all else.

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