

EFT Card on Accidents & Injury

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 had this accident... and I was injured... I forgive myself completely.

Even though... this injury is painful... I am willing to make room for rapid and miraculous healing.

Even though... it's hard to think of anything else... I release the past & I'm willing to see all of this differently.

Tapping Points:

Top of Head: I release all the pain... all the frustration... and all self-judgment... I want peace instead.

Eyebrows: I am willing to see myself differently... and allow the healing to be amazingly quick.

Side of Eye: I will borrow the Certainty of God... that I have a right to happiness, comfort & peace.

Under the Eye: I will trade all of my thoughts & judgments... for the peace & happiness God has for me.

Under the Nose: I make a reservation for peace... and for the highest and most peaceful outcome.

On the Chin: I release the past... My mistakes cannot alter me... Illusions have no negative effects.

Collarbone: I am willing to see myself... as whole... complete... safe... and comfortable in my body.

Over the Heart: I am willing to forgive... any person... including me... for any contribution to my injury.

Center of Chest: I call upon the Power of God... to lift me up... and accomplish this healing for me.

Side of the Hand: I am willing to see myself... moving through this situation... with ease.

Inside the Knees: I ask for the Vision of Christ... within me... to guide me... to a peaceful outcome.

Over the Heart: Please heal the part of my mind... that ever consented... to misery, injury, struggle or pain.

Center of Chest: I cannot be altered by accidents or injury. I choose peace instead of this. Only truth is true.

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