

EFT Card on Pain & Discomfort

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 the pain in my body gets overwhelming... & I don't know what to do or where to turn.
There are times... when I get so frustrated... because I need relief...and I can't make the pain stop or go away.
There are times... when the pain restricts me... and blocks me from doing what I want or need to do.

Tapping Points:

Top of Head: I release all the frustration... and all the irritation... I want peace instead of this.
Eyebrows: Somewhere in my mind... I must have accepted... that pain is real... and possible.
Side of Eye: Today I make another choice... I want the truth instead of this. I have no use for pain.
Under the Eye: I am learning that pain is an effect...of seeing myself separate from God...which is not true.
Under the Nose: I am not a body... I am free... I am as God created me... I am infinite Spirit, purity & love.
On the Chin: I release the past... along with every judgment or decision against myself.
Collarbone: I choose only peace... and to feel calm, comfortable and peaceful... at all times.
Over the Heart: I am willing to forgive... any person... including me... for any contribution to this problem.
Center of Chest: I choose peace instead of this... Pain is impossible because God did not create it.
Side of the Hand: I accept only what God created... I have no use or value for pain. I choose only peace.
Inside the Knees: I ask the Vision of Christ within me... to guide me through this... & to lead me out of pain.
Over the Heart: Please heal the part of my mind... that ever consented... to illness... pain... or struggle.
Center of Chest: I am not a body. I am free. I am as God created me...In the light of truth... I am at peace.

Robin D. Duncan • Holistic Training for Individuals & Practitioners • Miracle Center of California
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