

EFT Card on I AM WHOLE

Tapping Points:

- Over The Heart:** I am as God created me... Infinite Spirit...Whole... Powerful... Safe... Loved & Provided For.
Top of Head: I am willing... to see the Light and Truth of all that I am... I am worthy... of everything good.
Eyebrows: I release the past... along with all my mistakes... failures... guilt... and self-judgments.
Side of Eye: I am not my past... I am my True Self... Pure Light... Love... Holiness... and Innocence.
Under the Eye: I am not a body... I am free... I am as God created me... I am entitled to happiness.
Under the Nose: I am worthy... of everything good... and the finest that life has to offer.... I am dearly loved.
On the Chin: I am free to receive...the blessings and gifts of my Heavenly Creator... & a life filled with joy.
Collarbone: I ask God... to heal my mind... of all false images of myself... I want peace instead of this.
Over the Heart: I am not a body...The body cannot be sick... God did not create the body or sickness.
Center of Chest: My goal is peace... in every situation... for myself... and for everyone involved.
Side of the Hand: I am willing... to see other people... as a pure reflection... of light and love and peace.
Inside the Knees: I am entitled to happiness... comfort & peace... I am whole & complete...as my True Self.
Center of Chest: I open my heart... to receive miracles... in the place of all judgment and grievances.
Over the Heart: I forgive others... for any time... they ever let me down... as I cannot be altered.
Top of Head: I lift up my thoughts... to the highest levels of joy... creation... happiness... and peace.
Eyebrows: I choose peace ... in every aspect of my life... Only love is real.... and only the Truth is true.
Side of Eye: I am determined... to listen to only One Voice... the Voice of Peace within me.
Center of Chest: I am Whole... I am Complete...I am Loved...I am Safe... I am entitled to blessings & miracles.

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