

EFT Card on Mother Healing

Setup Phrase:

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

I am aware... that I have been carrying negative thoughts and judgments... about my Mother.

There are times... when in her presence... I felt unloved... inadequate... small... or unimportant.

Even though... I wanted our relationship... to be different than it was... I am willing... to release the past.

Tapping Points:

Top of Head: I release all the pain... and all the roots... and deep causes of the pain. I want peace instead.

Eyebrows: I release all the frustration... and all the roots... and deep causes of the frustration.

Side of Eye: I release the past... along with all of my judgments... opinions... and “my story” about her.

Under the Eye: I want to see the truth in her... I want to see the light and wholeness... of who she really is.

Under the Nose: I am willing to have loving and bonding relationships... with all the women in my life.

On the Chin: I accept myself for who I am... I am worthy of love... and kindness... friendship and respect.

Collarbone: I am willing... to forgive my Mother... for all flaws... mistakes... disappointments & failures.

Over the Heart: I am willing to see her differently... I release the past... I want to see only the light in her.

Center of Chest: I am willing... to feel God’s Love for me... through the heart of my Mother.

Side of the Hand: I thank God for miracles... to replace all of my judgments and grievances against her.

Inside the Knees: I want to experience only love... peace... happiness... and a life I treasure.

Center of Chest: I am not defined... by my Mother’s actions... judgments... fears... or limitations.

Over the Heart: I am willing to feel her Motherly Love in my heart... along with peace, comfort & support.

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