

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 really she 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 I 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.

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