

EFT Card on Love & Forgiveness

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 I feel really hurt... sad... and disappointed... about what is happening in my relationship.
Even though... I want things to change... I don't know how to change them.. and then I feel upset & powerless.
Even though... I don't know why this is happening... why I can't stop it... and how to shift it for the better.

Tapping Points:

Top of Head: I release all the sadness... all the hurt... all disappointment... and any feelings of anger.
Eyebrows: I am willing... to release "the story" I have about myself... my life... and my loved ones.
Side of Eye: I forgive myself... for the life I created... and the problems I have... that I can't solve.
Under the Eye: I release the past... along with any guilt... or regret... about my mistakes or wrong decisions.
Under the Nose: I release all negative thoughts... hurtful memories... and painful moments from the past.
On the Chin: I am not my story... I am not my past... I am not my circumstances... I am not my failures.
Collarbone: I am as God created me... infinite spirit... healed... whole... and complete... I am enough.
Over the Heart: I am willing... to see my loved one(s)... as capable... of being kind... loving... and caring.
Center of Chest: I accept myself for who I am... I am as God created me... I am worthy of love and happiness.
Side of the Hand: I release all regrets from the past... I forgive myself completely... I am not my past.
Inside the Knees: I am willing to see others... as the light and truth of who they are... they can be nothing less.
Center of Chest: I am willing to forgive my loved one(s)... & know they are playing a role...that I wrote for them.
Over the Heart: I ask for miracles in the place of my grievances... I dedicate this relationship to love & peace.

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