

EFT Card on Why Me, Why This, Why Now

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 my life is so overwhelming... and I don't know what to do... or how to move forward.
There are times... when I get so frustrated... and no matter what I do... or how I respond... it doesn't get better.
There are times... when other people... or my circumstances... are too much to handle... and I need a break.

Tapping Points:

Top of Head: I release all the pressure... all the frustration... and all the stress... I am doing the best I can.
Eyebrows: I am willing... to turn this situation over... and give it to God... I want peace instead of this.
Side of Eye: I am willing to imagine... that there is a way out of this...& I am open to being shown what it is.
Under the Eye: I release all the frustration... and all the roots... and all the causes... of all the frustration.
Under the Nose: I release all the stress... and all the roots... and all the causes... of all the stress.
On the Chin: I am willing... to see everything differently... and make room... for a peaceful & positive shift.
Collarbone: I make a reservation for peace... and for the highest outcome... for everyone involved.
Over the Heart: I am worthy of a happy life... filled with joy... peace... abundance... comfort... and laughter.
Center of Chest: Thank You God... that I am not my past... I am not my mistakes... and I am not my failures.
Side of the Hand: I am as You created me... worthy of everything good... and the finest that life has to offer.
Inside the Knees: I forgive myself completely... for any decisions I made... that contributed to this problem.
Center of Chest: I choose miracles in the place of my judgments... I am willing to forgive everyone I am judging.
Over the Heart: I ask You to handle this... on my behalf... to ensure a peaceful, positive outcome in every way.

Robin D. Duncan • Holistic Training for Individuals & Practitioners • Miracle Center of California
Products, Training & Certification Classes at MiracleCenterStore.com • Email – Info@MiracleCenterofCa.com • All Rights Reserved © 2015

EFT Card on Why Me, Why This, Why Now

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 my life is so overwhelming... and I don't know what to do... or how to move forward.
There are times... when I get so frustrated... and no matter what I do... or how I respond... it doesn't get better.
There are times... when other people... or my circumstances... are too much to handle... and I need a break.

Tapping Points:

Top of Head: I release all the pressure... all the frustration... and all the stress... I am doing the best I can.
Eyebrows: I am willing... to turn this situation over... and give it to God... I want peace instead of this.
Side of Eye: I am willing to imagine... that there is a way out of this...& I am open to being shown what it is.
Under the Eye: I release all the frustration... and all the roots... and all the causes... of all the frustration.
Under the Nose: I release all the stress... and all the roots... and all the causes... of all the stress.
On the Chin: I am willing... to see everything differently... and make room... for a peaceful & positive shift.
Collarbone: I make a reservation for peace... and for the highest outcome... for everyone involved.
Over the Heart: I am worthy of a happy life... filled with joy... peace... abundance... comfort... and laughter.
Center of Chest: Thank You God... that I am not my past... I am not my mistakes... and I am not my failures.
Side of the Hand: I am as You created me... worthy of everything good... and the finest that life has to offer.
Inside the Knees: I forgive myself completely... for any decisions I made... that contributed to this problem.
Center of Chest: I choose miracles in the place of my judgments... I am willing to forgive everyone I am judging.
Over the Heart: I ask You to handle this... on my behalf... to ensure a peaceful, positive outcome in every way.

Robin D. Duncan • Holistic Training for Individuals & Practitioners • Miracle Center of California
Products, Training & Certification Classes at MiracleCenterStore.com • Email – Info@MiracleCenterofCa.com • All Rights Reserved © 2015