

## EFT Card on Fertility & Pregnancy

### Setup Phrase:

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

**Even though... I have concerns about my pregnancy... and how things will turn out...and this makes me anxious.**

**Even though... I worry about what might happen... or could happen... I am willing to give this to God.**

**Even though... I feel unsure about how things will go... I am willing to trust... that everything will work out fine.**

### Tapping Points:

**Top of Head:** I release all of my worries... and all of my fears and concerns... I want peace instead of this.  
**Eyebrows:** I make a reservation for a peaceful pregnancy... and for the highest and happiest experience.  
**Side of Eye:** Thank You God... for Your confidence... and for deciding for me... about every detail.  
**Under the Eye:** I am willing to see myself and my body... as strong and capable... of doing my part with ease.  
**Under the Nose:** Pregnancy is a natural function... and my body knows what to do... every step of the way.  
**On the Chin:** I release all the stress... and all feelings of anxiety... I am willing to relax & trust the process.  
**Collarbone:** I will not decide against myself, my body, or my pregnancy... I choose happiness all the way.  
**Over the Heart:** I am determined to expect a great experience... filled with only joy... and ease... and peace.  
**Center of Chest:** I release the past, along with all concerns... I receive this blessing without deciding against it.  
**Side of the Hand:** I choose only peace... for myself... my body... this pregnancy... and my holy precious child.  
**Inside the Knees:** I release every thought or worry or fear, no matter how big they are or how long I've had them.  
**Center of Chest:** I wholly accept this blessing... without giving my time or attention... to worry or stress or fear.  
**Over the Heart:** Thank You God... for a happy, joyful, peaceful, and miraculous pregnancy in every way.  
I am willing to trust that this child... will be carried & delivered... with love, perfection & grace.

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