

EFT Card on Fear of Death & Dying

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 worry about my death... and what will happen as a result.

There are times... when my fear of death takes over... and I can't let go of the worry and fear.

There are certain aspects of death... that make me uncomfortable... and I'm not sure how to move beyond them.

Tapping Points:

Top of Head: I am willing to accept... that I am an Infinite Spiritual Being... entitled to a Happy & Eternal life.
Eyebrows: I see death around me because I believe I am a body... & I am seeing through the body's eyes.
Side of Eye: Thank You God, for healing my mind... & all the conditions... that have brought my fear about.
Under the Eye: I am willing to see everything differently... & be shown with certainty... there is nothing to fear.
Under the Nose: I ask for Divine Vision... I want the truth instead of illusions... and peace instead of fear.
On the Chin: Thank You God, for Your assurance... that my Heavenly Home awaits me... in gratitude & love.
Collarbone: I am not a body... I am free... I am as God created me... Happiness is my eternal right.
Over the Heart: I am willing to release my fear of death... and let it be replaced with love... and joy...and peace.
Center of Chest: I release all the worry... all the anxiety... and all of my concern... I want peace instead of this.
Side of the Hand: I am making a reservation for peace... for myself and my life... now... forever... and always.
Inside the Knees: As I walk through illusions... I will fear no evil... God did not create darkness, evil or death.
Center of Chest: God created only life... Infinite and Eternal... and what God did not create... does not exist.
Over the Heart: I claim my True Identity as the Child of God... Infinite Spirit... Light... Loved... Healed & Whole.
As I leave the body behind... I choose to expect only Peace, Happiness, Relief, and Freedom.

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