

EFT Card on Life Review & Regrets

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 think about the past... and how things could have been different... better... or easier.

There are times... when I feel bad about decisions I made... and how those choices brought pain, loss or lack.

There are times... when the past still haunts me... and I feel the weight of the guilt... sadness... loss... or regret.

Tapping Points:

- Top of Head:** I choose to forgive myself for every mistake or wrong decision... I want peace instead of this.
- Eyebrows:** I am learning that I have never altered what You created... with my mistakes or failures.
- Side of Eye:** Thank You God, for preserving my True Self... even when I forgot... or decided against myself.
- Under the Eye:** I am willing to see myself as You created me; pure love... light... innocent... and blessed.
- Under the Nose:** I ask for Divine Vision... to see the Truth of Who I Am... in Oneness with You and Your Love.
- On the Chin:** Thank You God, for Your Assurance... that I am entitled to happiness... in gratitude & love.
- Collarbone:** I am not a body... I am free... I am as You created me... I claim my Divine Inheritance.
- Over the Heart:** Dear God... I am willing to let go of the past... along with ALL judgments against myself.
- Center of Chest:** I want only the happiness that You Will for me... and the peace that is my right to have.
- Side of the Hand:** I am learning that every time I choose to feel guilty, I punish myself... I choose peace instead.
- Inside the Knees:** Thank You for walking with me... and for leading me to happiness, joy, peace, and abundance.
- Center of Chest:** Today, I release all judgments against everyone... As I forgive and release them, I free myself.
- Over the Heart:** I claim my True Identity as Your Holy Child... Infinite Spirit... Light... Loved... Healed & Whole.
- As I review my life, I choose to keep only the love that was given & received... I let the rest go.

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