

EFT Card on I AM HAPPY & GRATEFUL

Setup Phrase:

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

Today, I claim the truth of who I am... and all the blessings... joy... happiness... and abundance I am entitled to.
I am as God created me... free of all limits... safe... healed... whole... eternally loved... and provided for.
I forgive myself for all mistakes... failures... and wrong decisions... I am free of the past... now and forever.

Tapping Points:

Top of Head: Today, I claim my True Self and my Divine Inheritance... with happiness and gratitude.
Eyebrows: I open my mind and heart... to receive all the happiness and blessings I am entitled to.
Side of Eye: There is nothing of this world that can keep me from God's Love or His Flow of Abundance.
Under the Eye: I am worthy of the finest that life has to offer... God's Plan for my happiness is my only plan.
Under the Nose: I release all guilt... judgment... and thoughts against myself... I choose to love myself instead.
On the Chin: It is safe & natural to experience the immense Love of God within my mind, my life & my body.
Collarbone: I lay down all judgments, grievances & limiting thoughts... I am open to extraordinary miracles.
Over the Heart: I choose to see only the Light of Christ in others... I want to be happy instead of right.
Center of Chest: As I choose to see only the light and truth in others... I will find it and know it within myself.
Side of the Hand: Above all else, I want to see the truth exactly as it is... and experience the Joy that is my right.
Inside the Knees: I am determined to see everything differently... and be a happy learner... without resistance.
Center of Chest: I choose to live in a state of gratitude... & be open & willing to receive all that is mine to have.
Over the Heart: I am as God created me... Infinite Spirit... Pure Light... Loved... Happy... Sinless... and Whole.
Today, I lay down all false images I made... I am happy to be exactly as God created me.

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 I AM HAPPY & GRATEFUL

Setup Phrase:

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

Today, I claim the truth of who I am... and all the blessings... joy... happiness... and abundance I am entitled to.
I am as God created me... free of all limits... safe... healed... whole... eternally loved... and provided for.
I forgive myself for all mistakes... failures... and wrong decisions... I am free of the past... now and forever.

Tapping Points:

Top of Head: Today, I claim my True Self and my Divine Inheritance... with happiness and gratitude.
Eyebrows: I open my mind and heart... to receive all the happiness and blessings I am entitled to.
Side of Eye: There is nothing of this world that can keep me from God's Love or His Flow of Abundance.
Under the Eye: I am worthy of the finest that life has to offer... God's Plan for my happiness is my only plan.
Under the Nose: I release all guilt... judgment... and thoughts against myself... I choose to love myself instead.
On the Chin: It is safe & natural to experience the immense Love of God within my mind, my life & my body.
Collarbone: I lay down all judgments, grievances & limiting thoughts... I am open to extraordinary miracles.
Over the Heart: I choose to see only the Light of Christ in others... I want to be happy instead of right.
Center of Chest: As I choose to see only the light and truth in others... I will find it and know it within myself.
Side of the Hand: Above all else, I want to see the truth exactly as it is... and experience the Joy that is my right.
Inside the Knees: I am determined to see everything differently... and be a happy learner... without resistance.
Center of Chest: I choose to live in a state of gratitude... & be open & willing to receive all that is mine to have.
Over the Heart: I am as God created me... Infinite Spirit... Pure Light... Loved... Happy... Sinless... and Whole.
Today, I lay down all false images I made... I am happy to be exactly as God created me.

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