

EFT Card on I AM POWERFUL & FREE

Setup Phrase:

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

Thank You God... that I am not my past... I am not my mistakes... and I am not my wrong decisions.

I am as You created me... powerful and free... worthy of happiness... & entitled to the finest that life has to offer.

Today... I lay down all false images of myself... I have no interest in pain... lack... sorrow... delay... or limitation.

Tapping Points:

Top of Head: I open my heart... to receive all that You have given... with ease... and peace... and grace.
Eyebrows: I open my mind... to think with You... and hear Your Loving Guidance... in every step I take.
Side of Eye: I am not a body... I am free... I am as You created me: infinite Spirit, loved, healed & whole.
Under the Eye: I accept Your Plan for my happiness... as my only plan... I choose to listen to only Your Voice.
Under the Nose: Thank You, in advance... for a miraculous life... that is much happier than I ever imagined.
On the Chin: I forgive everyone for everything... including myself... I release all judgments & grievances.
Collarbone: I will not decide against myself... my healing... this process... or Your Capacity to help me.
Over the Heart: I am willing to see myself and my life differently...and make room for extraordinary happiness.
Center of Chest: I am Powerful... I am Free... I am as You created me... I accept Your blessings with gratitude.
Side of the Hand: All Power is within me... There is no power outside of me... In truth, there is no opposition.
Inside the Knees: I will step back and let You lead the way... Thank You for deciding everything on my behalf.
Center of Chest: It is safe and natural to experience Your Immense Power within my body... I am always safe.
Over the Heart: Today, I lean into Your Love... and Your Certainty... that I am safe, loved, powerful & free.
I claim the light and truth of all that I am... In Your Love, I am eternally free and blessed.

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