

Moms With Money

EFT Sequence

START HERE

Repeat 6x: Inhale for a count of 7. Exhale for a count of 11.

Repeat out loud the following...

(Tap Out Fear)

Karate Chop: Even though I experience feelings of lack, I see that it is an illusion and I love and accept myself completely.

Eyebrow: Even though I sometimes feel like I never have enough money and that money comes in and goes right back out, I see that it is an illusion and I love and accept myself completely.

Side of Eye: Even though I sometimes feel like I don't know how I'll ever make enough money, I see that it is an illusion and I love and accept myself completely.

Under Eye: Even though I sometimes don't trust that the Universe is the source of my money, I see that it is an illusion and I love and accept myself completely.

Under nose: Even though I worry that I must be doing something wrong or be not good enough if my business isn't bringing in enough money, I see that it is an illusion and I love and accept myself completely.

Chin: Even though I sometimes feel like I'm letting my loved ones down because I'm not bringing in the level of money I want yet, I see that it is an illusion and I love and accept myself completely.

Collarbone: Even though I sometimes feel sad, frustrated, and hopeless that I'll ever get to live the rich lifestyle I want and travel and have financial freedom, I see that it is an illusion and I love and accept myself completely.

Under arm: Even though I get worried that the economy or world will reduce my finances or keep me from making more money, I see that it is an illusion and I love and accept myself completely.

Top of head: Even though I worry I'll never be able to really bust my negative subconscious reprogramming about money, I see that it is an illusion and I love and accept myself completely.

(Tap In Love)

E: Isn't it fun that I've more than enough money to support the lifestyle I love no matter what.

SE: Isn't it fun that I've more than enough money to support the lifestyle I love no matter how I feel.

UE: Isn't it fun that I've more than enough money to support the lifestyle I love no matter what my business is doing or not doing.

UN: Isn't it fun that I've more than enough money to support the lifestyle I love no matter what I do or don't do.

C: Isn't it fun that I've more than enough money to support the lifestyle I love no matter what the economy is doing.

CB: Isn't it fun that I've more than enough money to support the lifestyle I love no matter what the world is doing.

UA: Isn't it fun that I've more than enough money to support the lifestyle I love no matter my circumstances.

TH: Isn't it fun that I've more than enough money to support the lifestyle I love no matter what my thoughts are.

E: Isn't it fun that Divine Mind expands and piles money up in my bank account no matter what.

SE: Isn't it fun that Divine Mind expands and piles money up in my bank account no matter how I feel.

UE: Isn't it fun that Divine Mind expands and piles money up in my bank account no matter what my business is doing or not doing.

UN: Isn't it fun that Divine Mind expands and piles money up in my bank account no matter what I do or don't do.

C: Isn't it fun that Divine Mind expands and piles money up in my bank account no matter what the economy is doing.

CB: Isn't it fun that Divine Mind expands and piles money up in my bank account no matter what the world is doing.

UA: Isn't it fun that Divine Mind expands and piles money up in my bank account no matter my circumstances.

TH: Isn't it fun that Divine Mind expands and piles money up in my bank account no matter what my thoughts are.

E: Isn't it fun that it's safe for me to have more than enough money to support the lifestyle I love no matter what.

SE: Isn't it fun that it's safe for me to have more than enough money to support the lifestyle I love no matter how I feel.

UE: Isn't it fun that it's safe for me to have more than enough money to support the lifestyle I love no matter what my business is doing or not doing.

UN: Isn't it fun that it's safe for me to have more than enough money to support the lifestyle I love no matter what I do or don't do.

C: Isn't it fun that it's safe for me to have more than enough money to support the lifestyle I love no matter what the economy is doing.

CB: Isn't it fun that it's safe for me to have more than enough money to support the lifestyle I love no matter what the world is doing.

UA: Isn't it fun that it's safe for me to have more than enough money to support the lifestyle I love no matter my circumstances.

TH: Isn't it fun that it's safe for me to have more than enough money to support the lifestyle I love no matter what my thoughts are.

E: Isn't it fun that I am safe, rich, and peaceful no matter what.

SE: Isn't it fun that I am safe, rich, and peaceful no matter how I feel.

UE: Isn't it fun that I am safe, rich, and peaceful no matter what my business is doing or not doing.

UN: Isn't it fun that I am safe, rich, and peaceful no matter what I do or don't do.

C: Isn't it fun that I am safe, rich, and peaceful no matter what the economy is doing.

CB: Isn't it fun that I am safe, rich, and peaceful no matter what the world is doing.

UA: Isn't it fun that I am safe, rich, and peaceful no matter my circumstances.

TH: Isn't it fun that I am safe, rich, and peaceful no matter what my thoughts are.

(END)

CHECK IN:

- After completing your EFT Sequence, how do you feel? Have you shifted into a higher frequency, a more positive emotional state? Are you feeling significantly more peaceful or in a love frequency than before you started your sequence?
- If you are, great! You've completed the Sequence!
- If you're still feeling low frequency, that's completely ok. Just repeat your EFT Sequence until that shifts for you.
- Remember, repetition, repetition, repetition. And your nervous system and mind speak the language of emotions - so you must shift your emotions in order to influence change.