

ATTRACTING

ABUNDANCE

with

EFT

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WELCOME!

I know many of you are traveling on the same path as I am, occasionally enchanted by the exciting gifts that show up along your journey, and sometimes frustrated by slow progress of manifestations. I am assuming that if you are reading this e-book, you have been hoping to find ways to create *even more success* in a number of areas in your life. Have you been:

- *Wanting* more financial abundance?
- *Searching* for more spiritual fulfillment?
- *Looking* for deeper friendships and love relationships?
- *Hoping* for more vibrant health and a stronger body?
- *Asking* for unlimited prosperity?

This e-book will help you *attract* personal and professional success and live a *prosperous life* full of love, passion, joy and gratitude. There is *plenty* — more than enough for everyone — and you deserve to have all that you want while you enjoy every minute of your life.

You are about to embark on a wonderful journey — using your mind as a *magnet* to *attract more abundance* into your life. In this e-book you will learn how to use **EFT (Emotional Freedom Techniques)** to release all the blocks to financial abundance you may have absorbed, inherited, adopted or picked up since you were born. You will also be learning how to use *affirmations*, *imagery* and *abundance games* to help you reach any other goals you have in mind, such as vibrant health, deeper spiritual connections, fulfilling relationships and anything else on your list.

So...Fasten Your Seatbelts...

HOW BEST TO USE THIS E-BOOK

You may either print out the e-book for easy access or keep it just as you receive it electronically. This book is divided into a short section outlining EFT directions, followed by 4 parts corresponding to the **4 Steps to Attracting Abundance**. At the end of each of these sections, I outline 2 *Abundance Games* that I have used personally and highly recommend.

There are of course several options for how best to use this e-book. Choose from the list of options below, based on whatever you *want* to do, or what *pulls* you (not what you think you *should* do!)

Read from start to finish, noting which sections will be most relevant for your *personal* issues. Return to relevant sections.

or

Read through the Table of Contents and choose which *Steps* you need to work on. Start with the Step that most “speaks” to you.

or

Read a few pages a day and work through the e-book at a steady yet leisurely pace.

or

Randomly choose pages for study and follow the *Abundance Games* and EFT suggestions in this fashion.

or

Let your intuition guide you! Trust where your inner guidance takes you.

--- WHAT IS *ABUNDANCE* ANYWAY? ---

Webster's Dictionary defines *ABUNDANCE* as follows:

--- *great plenty; an overflowing quantity; ample sufficiency; fullness, overflowing;*

--- Commonly used synonyms are *plenteousness, exuberance, plenty, riches, affluence, copiousness, wealth.*

Usually, my clients desire more *financial abundance* in their lives. However, since resistance to receiving all your desires is caused by the same energetic *vibration*, this e-book will cover *all* areas in which you want more success. While the primary focus of the **EFT** exercises will be on increasing your *financial abundance*, you will be able to use the **EFT** exercises for improving relationships, increasing vibrant health, attracting professional opportunities, and deepening spiritual connections by *raising your energetic vibration*.

Whenever I feel a lack of financial abundance, I remember how many loving friends I have, how many incredible coincidences have occurred in my life, how many times I have felt deeply blessed. Sometimes I focus on how many wonderful books I've read or the many glorious vacations I've enjoyed. I do this just to trigger the feeling of *abundance*. Reminding myself of the *abundance* in my life helps me get back on track for *financial prosperity* in a hurry, because the truth is, no matter what's in my bank account, I have lived a life full of incredible bliss and blessings.

After reading this exciting e-book, I expect that you will feel convinced that you are able to attract *more than enough* (that is, *abundance*) in *every* area of your life. I will lead you through dozens of **EFT** exercises as well as other useful, fun techniques and games to address the **4 - step process** I use in seminars, individual sessions, and in my CD series.

The 4 Steps To Increase Abundance

#1. *Clear Blocks* to Success and Abundance

#2. Increase Your *Prosperity Consciousness*

#3. Activate the *Law of Attraction*

#4. *Claim Abundance* NOW

--- EVERYTHING IS ABOUT *VIBRATION* ---

Before we start applying **EFT** to these 4 steps, I want to talk to you about ***VIBRATION***, or basically, what makes the world go ‘round. Everything holds its own ***vibration*** — colors, words, people, places, foods, attitudes — and when you can learn to change your ***vibration*** so that it ***attracts the abundance*** that you want rather than repels it, your life will *change immediately*. ***We are always vibrating***, so it makes sense to control this ***vibration*** for our advantage. The easiest way to raise your personal ***vibration*** in order to ***attract*** what you want is by using **EFT** to address the above-mentioned 4 steps. Consider these questions:

- When you think about ***money***, what is your ***vibration*** about it?
- When you think of your ***body***, how are you ***vibrating***?
- What about when you think of finding a ***perfect life partner***?
What feelings surface?

If anything other than joy and relaxation surfaces when you focus on these topics, you are not ***vibrating*** in a place that will ***pull*** what you want towards you.

My mother finds it soothing to collect and read cookbooks. And she knows when she ***follows the recipe*** for a chicken dish, that’s what she will get! It’s guaranteed. She doesn’t expect to get a bean casserole when she uses chicken and onions.

The same is true for ***abundance*** and ***manifestation***. There are specific ***recipes***. You will take out of the oven (***manifest***) whatever you put into the pot (***vibrate, intend, ask for.***) It’s really quite simple. Unfortunately, people (myself included) just refuse to ***follow the recipe*** exactly. They always want to add other ingredients, and in this case, usually ingredients that slow down the cooking process. Ask any chef in the world and they will agree: ***RECIPES WORK!*** But you need to follow them.

--- FOCUS, CHOICE & THE LAW OF ATTRACTION ---

I love the notion of *choice*. When I have *choices*, I feel *free*. When I am *free*, I feel better. When I feel better, I am more relaxed. When I am more relaxed and *free*, I am automatically *vibrating* in a better place and I find that what I want is naturally drawn towards me, *with very little effort*. Honestly, it feels as if I am cheating, and that this is too good to be true. Try it, and you'll see what I mean.

What I expect this e-book will do for you is help you decide where and what to focus on and how to *control your mind* so you *attract* or bring more of whatever you want into your life. Your *focus is your choice*; no one else is responsible for making you have a bad day. As I mentioned before, **EFT** is the best and easiest tool to help us clean up our focus and *vibrate* on a joyful plane, which will in turn *magnetize* our desires right into our lives. We live and operate in a world of *magnetic attraction*; we just don't make the most efficient use of it.

Did I say *magnetic attraction*??? Yes! Our thoughts cause a *vibration* and our *vibration* emits a signal, and anything similar to that signal is drawn *as if by a magnet*, to us. This is called the *Law of Attraction* and you could be using it every day to help you realize your wildest dreams.

Actually, you *are* using it every day, but you probably aren't aware of how powerful it is or how much influence it has on your life. While I have read dozens of authors regarding the *Law of Attraction* (see my *recommended reading list*) my favorite source of information and explanation of the *Law of Attraction* can be found through www.abraham-hicks.com. Combining **EFT** with the Abraham-Hicks material made the difference in my life between being financially comfortable and being *incredibly abundant*.

EFT will help you *activate* the *Law of Attraction* and point you in the right direction. You will no longer inadvertently use this law as a way to hurt or rob yourself of joy. **RECIPES WORK...** but you need to follow them.

--- BELIEFS & EXPECTATIONS ---

Did you know that the *beliefs* you hold consciously or in your subconscious mind *are compulsive*? What this means is that whatever you *believe* in your subconscious mind must come true, *no matter what*. If you believe you aren't good enough, or that you don't deserve financial success, you will move heaven and earth to achieve this outcome. Similarly, if you believe success comes naturally to you, you will in fact *attract success* easily into your life. Since there is no way to change the fact that our brains deal with our beliefs compulsively --- *we will always fulfill our beliefs no matter what* --- the next best thing is to *change our beliefs and expectations* so we end up at the right destination. How do we accomplish this? With EFT, of course! EFT is the premier tool to help you *change your beliefs and expectations* so that what you desire comes naturally to you, without all the pushing and struggling.

Yes, I too was taught that to make more money you had to work harder and keep up the struggle, and by all means, suffer. You could have fun on the side, but only at the expense of your savings account. I have since learned, thanks to some wonderful teachings, new and old, that it is not your struggle that makes you wealthy, but your *vibration* about whatever you do. It doesn't matter if you are a therapist, an artist, a conductor or a janitor.

There's that strange word again, *vibration*. Remember, if you control your *vibration*, you can control what you *attract* into your life on every level...health, wealth and love, just to name a few. If you believe in lack or expect you will always encounter scarcity, you will receive lack and scarcity consistently. If you honestly *believe in abundance*, you will be shocked at how quickly your desires are *manifested*. If you find yourself annoyed at this simple equation, try it for 30 days before you make any decisions about whether it works or not. While it may seem like just a theory to you now, when you use the techniques presented in this e-book and see the results, you will *have* and *be* living proof that *vibrations* make all the difference in the world. You are like a television that has been left **ON** 24 hours a day—you are *vibrating* all day long. Why not choose the channels you want?

I will be demonstrating how to use **EFT** to improve and raise your *vibration* by changing your emotions whenever you wish on an hourly, weekly and monthly basis. When you delete negative beliefs and *raise your vibration*, you *attract* more of your desires in your life. Some of the emotions that will help you *attract* more of what you want are:

- joy
- delight
- gratitude
- appreciation
- love
- passion
- bliss
- ecstasy

When you focus on these feelings, you are inevitably *raising your vibration* to a higher level, and thus speeding up the *magnetization* (or *attraction*) of your financial or personal goals. Some of the feelings that are a natural drag on your *vibration*, slowing down the realization of your goals, are:

- fear
- helplessness
- resentment/ anger
- hatred
- jealousy
- envy
- irritation
- shame

Since we are human, we all have the capacity to feel every one of these emotions. The point is *not* to pretend you don't feel negative emotions. The point is to *notice* when you do, *decide* if you want to do something about it, and *choose* one of the wonderful of tools I will be describing to change your feeling, redirect your focus, and *raise your vibration* when you wish to.

DISCLAIMER

EFT (Emotional Freedom Techniques) is a member of a new class of treatment techniques and protocols referred to as *Energy Therapy*. While still considered experimental, these techniques are being used by therapists, nurses, physicians, psychiatrists and lay people worldwide. To date, EFT and other Energy Therapy Techniques have yielded exceptional results in the treatment of psychological and physical problems.

They are NOT, however, meant to replace appropriate medical treatment or mental health therapy. Personally, I have not experienced any adverse side effects when applying these techniques when the treatment protocols and suggestions were followed. This does not mean, however, that you or your clients will not experience or perceive negative side effects.

If you use these techniques on yourself or others, you must agree to take full responsibility for your own well-being and you are required to advise your clients to do the same.

--- EFT ---

EFT is a form of psychological acupressure that uses light tapping instead of needles to stimulate traditional Chinese acupuncture points. The tapping on the designated points on the face and body is combined with verbalizing the identified problem followed by a general affirmation phrase. Combining these ingredients of the **EFT** technique *balances the energy system* and appears to relieve psychological stress and physiological pain. Restoring the balance of the energy system allows the body and mind to resume their natural healing abilities. **EFT** is safe, easy to apply, and is non-invasive.

HOW YOU WILL USE EFT TO ATTRACT ABUNDANCE

Over the years, I have developed dozens of **EFT** tapping exercises for *attracting abundance*, and I am presenting them together here for the first time in print. The **EFT** exercises are designed to target the specific blocks you may have to *receiving abundance* in your life. Whether you are searching for an increase in financial wealth, more vibrant health or deeper and more fulfilling relationships, **EFT** and the *Abundance Games* will help you reach your goals.

Here is how you will perform the exercises. Each **EFT** tapping exercise will consist of a **SETUP Statement**, followed by two **ROUNDS** of tapping the sequence of **8 EFT** points. **ROUND #1** focuses on the problem by repeating the *negative reminder phrase* while **ROUND #2** focuses on the solution by verbalizing preferences, choices, and possible alternative outcomes.

--- EFT DIRECTIONS ---

SETUP STATEMENT:

- **Scale the intensity of the abundance issue being addressed on a scale of 0-10** (where 0=no discomfort and 10=strong discomfort), or just make a note of how you feel.
- **Tap the karate chop point** (see page 17) on either side of your hand continuously while repeating the entire **SETUP STATEMENT** listed for each abundance issue. (An example of a **Setup Statement** might be *“Even though I have these money blocks, I deeply and completely accept myself.”*)

NEGATIVE TAPPING SEQUENCE:

- **Starting at the eyebrow point**, begin tapping each point in the sequence of points (see below) approximately 7 to 10 times while repeating the *negative reminder phrase* provided for each issue.

SEQUENCE OF TAPPING POINTS:

- **Eyebrow**
- **Side of Eye**
- **Under Eye**
- **Under Nose**
- **Chin**
- **Collarbone**
- **Under Arm**
- **Top of Head**

- This directs your mind to focus on the negative thought patterns that block your ability to attract abundance and allows **EFT** to neutralize them.

POSITIVE TAPPING SEQUENCE:

- **There are 8 positive phrases provided for each abundance issue.**
- **Starting at the eyebrow point again,** tap each point approximately 7-10 times while repeating the sequence of 8 positive phrases listed.
- **This allows you to install what you would *prefer* to experience emotionally in your thought patterns and in your life.**

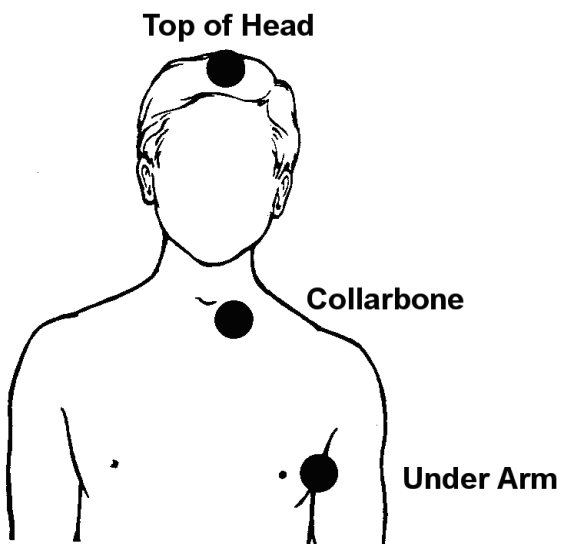
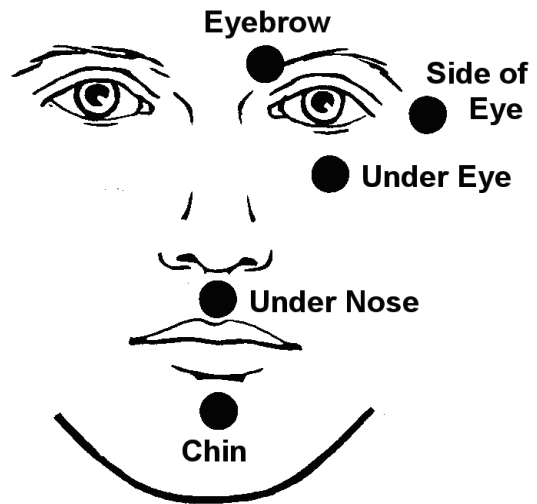
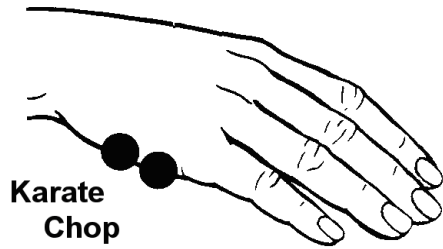
DEEP BREATH:

- **Complete each exercise with a slow deep breath to help move the energy through your body.**

The example on page 18 will lead you through a typical **EFT treatment exercise**. It includes

- (1) THE SETUP STATEMENT**
- (2) THE NEGATIVE TAPPING ROUND**
- (3) THE POSITIVE TAPPING ROUND**

EFT Tapping Points



SAMPLE EFT EXERCISE

While tapping on your **karate chop point** on either hand, repeat the following **SETUP STATEMENT 3 times**:

*Even though I have **this conflict about attracting abundance**, I deeply and completely accept myself.*

Tap the sequence of points while repeating the **NEGATIVE REMINDER PHRASE**, “***this conflict about attracting abundance***.”

ROUND #1: Negative Reminder Phrase

This conflict about attracting abundance.

Then perform **ROUND #2 with positive words** reflecting your **desired outcome**. Repeat one phrase for each of the 8 tapping points from the **eyebrow** to the **top of the head**.

ROUND #2: Positive Phrases:

*(eyebrow) **I love knowing I resolved this conflict...***

*(side of eye) **I choose to release this conflict...***

*(under eye) **It feels so right to be free of this conflict...***

*(under nose) **I appreciate how much I have changed...***

*(chin) **I love knowing I resolved this conflict...***

*(collarbone) **I choose to release this conflict now...***

*(under arm) **It feels so right to be free of this conflict...***

*(head) **I love attracting abundance.***

STEP #1

CLEAR BLOCKS TO SUCCESS & ABUNDANCE

The most important question regarding your abundance blocks is:

- **What *limiting beliefs* and *emotional blocks* are keeping you from being successful?**

You may indeed *want* more *financial abundance*, but if you have internal conflicts that cause you to struggle to reach your goals, you will forever be waiting for success in your life. If you answer **YES** to any of the questions in this section, you probably have some *unconscious (or conscious) blocks* to success:

- **Do you ever find that you sabotage yourself just as you become aware of your increasing success?**

This is a classic sign that you have *unconscious blocks* to being successful in some area of your life. Many clients tell me they just can't help themselves. They feel compelled to do something foolish that inhibits their success. They procrastinate, they show up late, or forget something important for a successful outcome of a job. All of these behaviors, of course, sabotage their progress.

Try the following **EFT Setup Statements**. Remember:

- **Repeat the *SETUP Statement* 3 times out loud, then**
- **Tap the sequence of points while saying the phrase in *blue*:**

ISSUE: FEAR OF SUCCESS

(Repeat the following phrase 3 times while tapping the *karate chop point*.)

Even though *I'm afraid to become too successful*, I deeply and completely accept and love all of me.

ROUND #1: Negative Reminder Phrase

(Repeat this phrase while you tap the sequence of 8 points.)

I'm afraid to become too successful.

ROUND #2: Positive Phrases

(Repeat one phrase for each of the 8 tapping points.)

(eyebrow) *I can feel safe becoming successful...*

(side of eye) *I appreciate the success I have...*

(under eye) *I enjoy abundance...*

(nose) *I choose to feel safe and successful now...*

(chin) *I feel confident about becoming successful...*

(collarbone) *I appreciate the success I already enjoy...*

(under arm) *I enjoy abundance and plenty...*

(head) *I choose to feel safe and successful now.*

ISSUE: SABOTAGE

(Repeat the following phrase 3 times while tapping the karate chop point.)

*Even though **I keep sabotaging myself**, I deeply and completely love and accept myself anyway.*

ROUND #1: Negative Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I keep sabotaging myself.

ROUND #2: Positive Phrases

(Repeat one phrase for each of the 8 tapping points.)

*(eyebrow) **I choose to accept how successful I am...***

*(side of eye) **I'm releasing my need to sabotage myself...***

*(under eye) **I love feeling free of those old patterns...***

*(under nose) **I choose to embrace my success now...***

*(chin) **I choose to accept how successful I am...***

*(collarbone) **I'm happy I've released my sabotage habit...***

*(under arm) **I love feeling free of sabotage...***

*(head) **I choose to own my success now.***

ISSUE: BLOCKING SUCCESS

(Repeat the following phrase 3 times while tapping the *karate chop point*.)

Even though *I can't get out of my own way*, I choose to release this conflict.

ROUND #1: Negative Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I can't get out of my own way.

ROUND #2: Positive Phrases

(Repeat one phrase for each of the 8 tapping points.)

(eyebrow) *I love knowing I resolved this conflict...*

(side of eye) *I have successfully gotten out of my own way...*

(under eye) *I love being successful...*

(under nose) *I intend to embrace the success that is mine...*

(chin) *I successfully resolved this conflict...*

(collarbone) *I finally got out of my own way...*

(under arm) *I love being successful...*

(head) *I intend to embrace all the success I deserve.*

ISSUE: FAILURE

(Repeat the following phrase 3 times while tapping the *karate chop point*.)

Even though *I don't know why I make myself fail*, I choose to accept all of my conflicts.

ROUND #1: Negative Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I don't know why I make myself fail.

ROUND #2: Positive Phrases

(Repeat one phrase for each of the 8 tapping points.)

(eyebrow) *I have released the need to sabotage...*

(side of eye) *I love knowing I am clear now...*

(under eye) *I love receiving the guidance from within...*

(under nose) *I appreciate that I have changed...*

(chin) *Now I want to be successful...*

(collarbone) *I love knowing I am clear about success...*

(under arm) *I love receiving the guidance from within...*

(head) *I appreciate that I have changed.*

- **Do you ever find yourself feeling guilty because you have more than others?**

“Sara” feels guilty because she has a higher paying job than her peers, and often has to “pretend” she doesn’t have enough money to dine out or buy new clothes. Sara is typical of many of my clients who were told they were lucky to have what they already had and *shouldn’t want* anything more. When these people have normal, healthy desires, they feel guilty. Guilt never makes other people have more, and never attracts abundance into your life.

- **Are you afraid of becoming wealthy because of other people’s reactions?**

Many of my clients have been on the receiving end of envy and jealousy from peers or family members. As a result, they sabotage themselves so they can avoid being the recipient of this often hostile behavior.

- **Do you see wealthy people as “greedy,” “lucky,” “mean” or “unfair?”**

If you view rich people as greedy or unfair, do you see why you would block your own wealth? Why would you want to become someone who is greedy or mean? This is a common but simple emotional block that can be efficiently neutralized with **EFT**.

The themes of guilt, fear of other people’s reactions and negative views of wealthy people will be addressed in the following **EFT** tapping exercises:

ISSUE: GUILT ABOUT HAVING MORE

(Repeat the following phrase 3 times while tapping the karate chop point.)

*Even though **I feel guilty because I have more than others**, I choose to feel good about myself.*

ROUND #1: Negative Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I feel guilty because I have more than others.

ROUND #2: Positive Phrases

(Repeat one phrase for each of the 8 tapping points.)

*(eyebrow) **I choose to feel good about all that I have...***

*(side of eye) **I love feeling safe with what I have earned...***

*(under eye) **I love feeling free of the guilt...***

*(under nose) **It's so nice to appreciate all that I have...***

*(chin) **I'm happy I released the guilt...***

*(collarbone) **I finally feel safe with what I have earned...***

*(under arm) **I love feeling free of the guilt...***

*(head) **I appreciate all that I have.***

ISSUE: GUILT ABOUT WANTING MORE

*(Repeat the following phrase 3 times while tapping the **karate chop point**.)*

*Even though **I feel guilty because I want more...** maybe I'm selfish...I deeply and completely accept myself anyway.*

ROUND #1: Negative Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I feel guilty because I want more.

ROUND #2: Positive Phrases

(Repeat one phrase for each of the 8 tapping points.)

*(eyebrow) **I appreciate all that I am...***

*(side of eye) **I love knowing how generous I am...***

*(under eye) **I can have desires and feel good about myself...***

*(under nose) **I'm grateful for all my desires...***

*(chin) **I am allowed to want...***

*(collarbone) **I love knowing how generous I am...***

*(under arm) **I can have desires and feel good about myself...***

*(head) **I'm grateful for all my desires.***

ISSUE: GUILT ABOUT ADVANTAGES

(Repeat the following phrase 3 times while tapping the *karate chop point*.)

Even though *I feel guilty because of the advantages I have*, I choose to resolve this guilt now.

ROUND #1: Negative Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I feel guilty because of the advantages I have.

ROUND #2: Positive Phrases

(Repeat one phrase for each of the 8 tapping points.)

(eyebrow) *I accept all of me...*

(side of eye) *I love accepting who I am...*

(under eye) *I appreciate my entire life...*

(under nose) *I love feeling free of the conflict...*

(chin) *I accept that I have desires...*

(collarbone) *I love accepting who I am...*

(under arm) *I appreciate my entire life...*

(head) *I love feeling free of the conflict.*

ISSUE: FEAR OF REJECTION

(Repeat the following phrase 3 times while tapping the *karate chop point*.)

Even though *I'm afraid they will reject me if I become successful*,
I accept who I am and how I feel.

ROUND #1: Negative Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I'm afraid they will reject me if I become successful.

ROUND #2: Positive Phrases

(Repeat one phrase for each of the 8 tapping points.)

(eyebrow) *I choose to feel acceptable now...*

(side of eye) *I love accepting my success...*

(under eye) *I choose to release my need for their approval...*

(under nose) *I appreciate who I am...*

(chin) *I choose to feel acceptable inside myself...*

(collarbone) *I love accepting my success even if they don't...*

(under arm) *I choose to release my need for their approval...*

(head) *I appreciate how worthy I am.*

ISSUE: REJECTING OTHERS

(Repeat the following phrase 3 times while tapping the karate chop point.)

Even though I'm afraid I might reject them if I get what I want, I deeply and completely accept all of me.

ROUND #1: Negative Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I'm afraid I might reject them if I get what I want.

ROUND #2: Positive Phrases

(Repeat one phrase for each of the 8 tapping points.)

(eyebrow) I love knowing I am enough as I am...

(side of eye) I love keeping the right friends...

(under eye) I love knowing I can trust myself...

(under nose) I appreciate how trustworthy I am...

(chin) I love knowing I can trust my friends...

(collarbone) I love keeping the right friends...

(under arm) I love trusting my instinct...

(head) I appreciate how trustworthy I am.

ISSUE: FEAR OF ENVY

(Repeat the following phrase 3 times while tapping the *karate chop point*.)

Even though *I'm afraid they will envy me*, I choose to mind my own business.

ROUND #1: Negative Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I'm afraid they will envy me.

ROUND #2: Positive Phrases

(Repeat one phrase for each of the 8 tapping points.)

(eyebrow) *I don't care if they are envious...*

(side of eye) *It's none of my business...*

(under eye) *I love feeling free...*

(under nose) *I accept my success now...*

(chin) *Their envy doesn't concern me...*

(collarbone) *It's none of my business...*

(under arm) *I love feeling free...*

(head) *I accept my success now.*

ISSUE: STANDING OUT

(Repeat the following phrase 3 times while tapping the *karate chop point*.)

Even though *I don't want to stand out*, I choose to own my power.

ROUND #1: Negative Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I don't want to stand out.

ROUND #2: Positive Phrases

(eyebrow) *I can stand out and feel safe...*

(side of eye) *I choose to feel safe even if I stand out...*

(under eye) *I love feeling safe with my success...*

(under nose) *I know it is right for me...*

(chin) *I can stand out and feel safe...*

(collarbone) *I choose to feel safe even if they don't like me...*

(under arm) *I love feeling safe with my success...*

(head) *I know it is right for me.*

ISSUE: HUMILIATION

(Repeat the following phrase 3 times while tapping the *karate chop point*.)

Even though *I'm afraid they will humiliate me again* if I stand out, I deeply and completely love and accept myself anyway.

ROUND #1: Negative Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I'm afraid they will humiliate me again if I stand out.

ROUND #2: Positive Phrases

(eyebrow) *I've healed from that trauma...*

(side of eye) *I am safe now...*

(under eye) *I don't care what they think if I'm successful...*

(under nose) *It's safe to stand out...*

(chin) *I've healed from that trauma...*

(collarbone) *I am safe now inside myself...*

(under arm) *Their feelings are none of my business...*

(head) *It's safe to stand out in new ways.*

ISSUE: FITTING IN

(Repeat the following phrase 3 times while tapping the *karate chop point*.)

Even though *I'm afraid I won't fit in again*, I accept who I am and how I feel.

ROUND #1: Negative Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I'm afraid I won't fit in again.

ROUND #2: Positive Phrases

(eyebrow) *I love knowing I fit in anyway...*

(side of eye) *I don't have to fit in with everyone...*

(under eye) *I choose to fit in now...*

(under nose) *I feel safe being different now...*

(chin) *I love knowing I fit in anyway...*

(collarbone) *I don't have to fit in with everyone...*

(under arm) *I choose to fit in now...*

(head) *I appreciate being different anyway.*

ISSUE: WHAT IF THEY THINK I'M GREEDY?

(Repeat the following phrase 3 times while tapping the karate chop point.)

Even though I'm afraid they'll think I'm greedy if I am rich, I deeply and completely accept myself and the abundance that's coming in.

ROUND #1: Negative Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I'm afraid they'll think I'm greedy if I'm rich.

ROUND #2: Positive Phrases

(eyebrow) I love feeling wealthy...

(side of eye) I love giving to others...

(under eye) I appreciate wealthy people...

(under nose) I look forward to giving back...

(chin) I love feeling wealthy...

(collarbone) I love giving to others...

(under arm) I appreciate wealthy people and their generosity...

(head) I can't wait to give back.

ISSUE: JEALOUSY

(Repeat the following phrase 3 times while tapping the *karate chop point*.)

Even though *I don't want them to be jealous of me*, I choose to embrace the abundance in my life.

ROUND #1: Negative Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I don't want them to be jealous of me.

ROUND #2: Positive Phrases

(eyebrow) *They can be jealous and it's none of my business...*

(side of eye) *I choose to feel accepting of my feelings...*

(under eye) *I love feeling wealthy and enjoying it...*

(under nose) *I love the abundance in my life...*

(chin) *They can be jealous and it's none of my business...*

(collarbone) *I accept who I am...*

(under arm) *I love feeling wealthy and worthy...*

(head) *I love the abundance in my life.*

ISSUE: INADEQUACY

(Repeat the following phrase 3 times while tapping the karate chop point.)

*Even though **I always feel “less than” around people with money**, I deeply and completely accept myself anyway.*

ROUND #1: Negative Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I feel “less than” around people with money.

ROUND #2: Positive Phrases

*(eyebrow) **I am enough with the money I have...***

*(side of eye) **They are enough...***

*(under eye) **We all are enough...***

*(under nose) **I am good enough as I am...***

*(chin) **I am enough and I have plenty...***

*(collarbone) **They are enough...***

*(under arm) **We all are enough...***

*(head) **I am good enough as I am.***

--- COMFORT ZONES ---

- Are you stuck within a particular *comfort zone*?

I didn't think I struggled with a *comfort zone* around my earning power until I added up my income two years running and found I had made nearly the *exact* same amount of money each year.

Given all the parameters and factors of managing a full-time private practice, this is almost impossible to accomplish. Clients took vacations, I took vacations, holidays fell on different days, new clients came in to my practice, old clients terminated, etc.

In other words, I was obviously struggling with a *financial ceiling* or *comfort zone* above which I was not willing to climb. Until, that is, I applied EFT to myself on my *limiting beliefs*. I have roughly *tripled my income* in a few short years.

Try the following **EFT Setup Statements**. And remember:

- All of the Setup Statements should be repeated 3 times while you *tap the karate chop point*.
- The *blue phrases* should be repeated out loud while you tap the sequence of 8 points. Then tap the entire sequence of points again while saying the positive phrases out loud.

ISSUE: NEGATIVE BELIEFS

(Repeat the following phrase 3 times while tapping the *karate chop point*.)

Even though *I don't believe I can make more money*, I choose to release this block.

ROUND #1: Negative Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I don't believe I can make more money.

ROUND #2: Positive Phrases

(head) *My belief has changed...*

(side of eye) *Now I know I can make more money...*

(under eye) *I love feeling good earning a higher salary...*

(under nose) *I love knowing I resolved this conflict...*

(chin) *My belief has changed...*

(collarbone) *I'm already making more money...*

(under arm) *I love feeling good earning a higher salary...*

(head) *I feel so secure knowing I resolved this conflict.*

ISSUE: FEAR OF EARNING MORE

(Repeat the following phrase 3 times while tapping the *karate chop point*.)

Even though *I'm afraid to make more money*, I deeply and completely accept myself.

ROUND #1: Negative Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I'm afraid to make more money.

ROUND #2: Positive Phrases

(eyebrow) *I feel safe making more money...*

(side of eye) *I know it is right for me...*

(under eye) *I choose to trust myself...*

(under nose) *I choose to feel good about my salary...*

(chin) *I allow myself to feel safe making more money...*

(collarbone) *I know it is right for me to earn more...*

(under arm) *I choose to trust myself...*

(head) *I choose to feel good about increasing my salary.*

ISSUE: COMFORT ZONE AROUND SALARY

(Repeat the following phrase 3 times while tapping the *karate chop point*.)

Even though *I'm limited by a comfort zone around my current salary*, I deeply and completely accept myself anyway.

ROUND #1: Negative Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I'm limited by a comfort zone about my current salary.

ROUND #2: Positive Phrases

(eyebrow) *I'm so happy I expanded my comfort zone...*

(side of eye) *I love knowing I am in control...*

(under eye) *I appreciate all of my power...*

(under nose) *I love knowing I expanded my comfort zone...*

(chin) *I'm so happy I expanded my comfort zone...*

(collarbone) *I am increasing my salary already...*

(under arm) *I appreciate and understand my power...*

(head) *I love knowing my comfort zone has expanded.*

ABUNDANCE GAMES

THE GUESS WHAT LETTER

The **GUESS WHAT LETTER** is a really fun *game* that combines *visualization* with *intense emotion* to help you *vibrate* in a joyful place that will help you *attract easily* to you what you are asking for.

Write a letter to a team of supporters, a friend, a mentor, or someone very important in your life who would be *extremely* excited about your success.

Dear Lisa,

Guess what? You won't believe it. I was asked by a huge multi-national company to conduct their in-house coaching with EFT for stress management! They are willing to pay me more money a week than I usually make in a month! I am so excited it's hard to sleep at night. They want me to start immediately and are flying me first class to their headquarters for an introductory meeting with their staff.

I just wanted you to be the first to know. Thanks for all your support this year. It has meant the world to me.

Love, Carol

Write a different letter every day, playing with the outcome and shaping the details of what you *intend* to *attract* into your life. I used the **TELEPHONE TECHNIQUE**, a version of the letter, when I wanted to increase my business enough to have a waiting list. Out loud, I pretended I was leaving a message on a friend's machine:

"Hi, it's Carol. I just wanted to let you know I am overwhelmed with business and now have a waiting list a mile long! No more wondering if clients are going to show up or not. Call me soon. I need to refer you lots of clients."

DAILY GRATITUDE JOURNAL

I recommend that you keep a **DAILY GRATITUDE JOURNAL**. I make time every day to write for about ten minutes in this journal. I write a list of everything I feel *grateful* for, everything I enjoy in my life, and every friend, loved one and pet that I appreciate. Keeping a journal doesn't take much time, and in my personal experience, yields amazingly fast results. In fact, sometimes I feel spooked by just how quickly something wonderful comes into my life when I am focusing on the *joyful feeling of gratitude*.

---Try it, I guarantee you will have exciting results---

One of the first times I took this exercise seriously, I sat down at the table and started writing a list of everything I felt grateful for in my life, no matter how small or large. In essence, I was *counting my blessings*. If I thought of something that I felt I *should* be grateful for, but honestly wasn't, I left it off my list.

I had turned down the volume on my answering machine during this exercise. When I had finished with my list, I saw that my machine was blinking and I listened to the message that came through when I had been absorbed in my journal. The message was from a former client, calling from California, saying she had finally gotten it together enough to send me the \$1,500 that she had owed me (from bouncing several checks and replacing them with more bounced checks) *and that I could expect to receive it any day now*. That's how fast it worked for me...you can call it a *coincidence* if you like, I don't care. I hope to have many more coincidences like that!

Make the *choice* to put aside ten minutes a day for yourself. You're worth it.

Let's continue releasing the blocks you have put in the way of *attracting* what you want in your life.

STEP #2

INCREASE YOUR PROSPERITY CONSCIOUSNESS

Our *consciousness* is reflected in our outside world of financial success, material comforts, bodily health and relationships. If your consciousness is one of *SCARCITY*, you will find that finances (or good relationships) are lacking in your life. If you answer **YES** to any of the questions in this section, it is likely that you need to work on building your *Prosperity Consciousness* so that you can allow more *abundance* into your life. With EFT, you can work on this daily.

- **Do you feel afraid that if you have *more money*, you will be taking away from others?**

Many people think there is a finite amount of money in the world, and that if they earn \$50,000 more a year, they are actually *taking it away* from someone else. Since they were taught not to be selfish, they resist (unconsciously) earning more money.

- **Do you feel afraid that your *supply* (of money, food, resources) will run out?**

“Janet” truly believed there would always be shortages of some kind. She had grown up with fearful parents, even though there was always enough food and enough resources so she and her siblings didn’t feel lack. What she absorbed was her parents’ anxiety around money. Janet’s mother continues to use the teabag twice...just in case there won’t be enough later.

▪ **Do you find yourself hoarding money in case of an emergency?**

Too many people hoard their money for a future rainy day. But believe me, hoarders don't use their money on a rainy day either. Instead, they stay inside and count their cash! When you are afraid that your supply will run out, you are actually *emitting a powerful signal* of fear that *repels abundance*. Remember, whatever *signal you are emitting* will *magnetize* back to you the same energy, in this case, fear and lack of resources.

▪ **Do your thoughts of lack or scarcity block your receiving?**

Many people have difficulty *receiving*, partly because they are convinced there isn't enough, and partly because they were taught it is more generous to give. Consider "Melanie" who rejected gifts, compliments and money from anyone who tried to give to her. In fact it was very selfish of her *NOT* to receive, and rather self-centered. Many people told her they were hurt by her inability to accept what they offered her.

If you want to increase your *Prosperity Consciousness*, and therefore draw more *prosperity* into your life, continue with the **EFT** tapping exercises below.

I believe in being generous according to your ability. Unless you are destitute, I recommend you choose meaningful charities and give them annual gifts. The *energy of giving and receiving* needs to remain smooth and balanced.

In this section, I provide **3 Setup Statements** for you to say out loud while you are tapping the **karate chop point**. Choose whichever *blue phrase* most fits your feeling, (or repeat the phrase I have placed in the box) during your first round of **EFT**.

ISSUE: DESERVING ABUNDANCE

(Repeat the following phrases while tapping the *karate chop point*.)

Even though *I don't deserve more than they have*, I deeply and completely accept who I am...Even though *I don't want to take it away from others*, I choose to accept myself anyway...Even though *I feel selfish having these desires*, I am enough now.

ROUND #1: Negative Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I feel selfish taking away from others and I don't deserve it.

ROUND #2: Positive Phrases

(eyebrow) *I deserve more than enough...*

(side of eye) *So do they...*

(under eye) *There is enough for everyone...*

(under nose) *I am entitled to plenty and so are they...*

(chin) *We all deserve more than enough...*

(collarbone) *And there is enough for all of us...*

(under arm) *There is enough for everyone...*

(head) *I am entitled to plenty.*

ISSUE: NOT ENOUGH/ SHORTAGES

(Repeat the following phrases while tapping the *karate chop point*.)

Even though *there's not enough for everyone*, I choose to believe in plenty...Even though *there has never been enough in my family*, I choose to change this belief...Even though *I'm afraid there will always be shortages*, I completely accept myself anyway.

ROUND #1: Negative Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I'm afraid there will always be shortages.

ROUND #2: Positive Phrases

(eyebrow) *There is enough...*

(side of eye) *We can all have enough...*

(under eye) *There is more than enough...*

(under nose) *I accept my desires...*

(chin) *There is enough for everyone...*

(collarbone) *There is plenty for all of us...*

(under arm) *There is more than enough...*

(head) *I accept my healthy desires for more.*

ISSUE: MONEY WORRIES

(Repeat the following phrases while tapping the *karate chop point*.)

Even though ***I believe I should worry about money***, I deeply and completely accept my feelings anyway...Even though ***I'd be irresponsible if I didn't worry about money***, I choose to feel more relaxed about it now...Even though ***I'm afraid to let down my guard***, I accept all of me anyway.

ROUND #1: Negative Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I'd be irresponsible if I didn't worry about money.

ROUND #2: Positive Phrases

(eyebrow) ***I intend to relax about money...***

(side of eye) ***I love feeling easy about money...***

(under eye) ***There will be enough...***

(under nose) ***There is enough already...***

(chin) ***I intend to feel more relaxed about money...***

(collarbone) ***I love feeling easy about money...***

(under arm) ***There is already enough...***

(head) ***There is enough now.***

ISSUE: SUPPLY/ RUNNING OUT

(Repeat the following phrases while tapping karate chop point.)

*Even though **I'm afraid I'll run out**, I choose to feel relaxed now...Even though **I might run out of what I need**, I accept how I feel...Even though **there isn't enough sometimes**, I choose to believe in prosperity.*

ROUND #1: Negative Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I'm afraid I'll run out because there isn't enough.

ROUND #2: Positive Phrases

*(eyebrow) **I have enough now...***

*(side of eye) **There will always be more...***

*(under eye) **I love knowing I am safe...***

*(under nose) **I love knowing there is enough...***

*(chin) **I don't need to run out...***

*(collarbone) **There will always be more...***

*(under arm) **I love knowing I am being taken care of...***

*(head) **I love knowing there is enough.***

ISSUE: THERE WILL NEVER BE ENOUGH

(Repeat the following phrases while tapping the *karate chop point*.)

Even though *I'm convinced there will never be enough*, I deeply and completely accept that there is plenty...Even though *there's never enough for me*, I choose to relax about this subject...Even though *my belief in scarcity is very, very strong*, I intend to release it now.

ROUND #1: Negative Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I'm convinced there will never be enough.

ROUND #2: Positive Phrases

(eyebrow) *There is enough already...*

(side of eye) *There will be enough...*

(under eye) *Those lean times are over...*

(under nose) *I believe in prosperity now...*

(chin) *There is enough already...*

(collarbone) *There will be enough...*

(under arm) *I feel abundance everywhere...*

(head) *I believe in prosperity now.*

ISSUE: I DON'T BELIEVE IN PROSPERITY

(Repeat the following phrases while tapping the *karate chop point*.)

Even though *there was never enough for us*, I choose to believe in abundance today...Even though *I don't feel safe believing there is enough*, I accept how I am feeling...Even though *it feels foolish to believe in prosperity*, I choose to believe in it now.

ROUND #1: Negative Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I don't believe in prosperity.

ROUND #2: Positive Phrases

(eyebrow) *There is enough now...*

(side of eye) *There is plenty for all of us...*

(under eye) *I appreciate the feeling of abundance...*

(under nose) *I choose success now...*

(chin) *There is enough now...*

(collarbone) *There is plenty for all of us...*

(under arm) *I appreciate the feeling of abundance...*

(head) *I choose success now.*

ISSUE: BELIEF IN SCARCITY

(Repeat the following phrases while tapping the karate chop point.)

*Even though **I believe in scarcity**, I completely accept my thoughts and feelings... Even though **I inherited this fear from my family**, I choose to release it now... Even though **I'm not willing to release the fear**, I choose to accept who I am.*

ROUND #1: Negative Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I believe in scarcity and I'm not willing to release this fear.

ROUND #2: Positive Phrases

*(eyebrow) **I choose to release the fear...***

*(side of eye) **The fear isn't mine...***

*(under eye) **I love feeling free of the fear...***

*(under nose) **I choose to believe in prosperity...***

*(chin) **I choose to release the fear...***

*(collarbone) **The fear isn't mine...***

*(under arm) **I love feeling free of the fear...***

*(head) **I choose to believe in prosperity already.***

ISSUE: BLOCKS TO RECEIVING

(Repeat the following phrases while tapping the *karate chop point*.)

Even though *I have trouble receiving*, I choose to open up now...Even though *I don't think it's good to receive*, I have decided to receive with open arms...Even though *I'm afraid to receive*, I choose to feel relaxed and calm about money.

ROUND #1: Negative Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I don't think it's good to receive.

ROUND #2: Positive Phrases:

(eyebrow) *I choose to receive easily...*

(side of eye) *I am allowed to receive as you are...*

(under eye) *I love receiving and giving...*

(under nose) *Receiving is good for all of us...*

(chin) *I choose to receive with grace...*

(collarbone) *I am allowed to receive and so are you...*

(under arm) *I love receiving and giving...*

(head) *Receiving is good for all of us.*

ISSUE: CONFLICT ABOUT RECEIVING

(Repeat the following phrases while tapping the *karate chop point*.)

Even though *they taught me to give instead of receive*, I choose to believe there is prosperity all around me...Even though *I haven't been able to receive in the past*, I choose to receive graciously now...Even though *I'm afraid they'll think I'm selfish*, I choose to know when it's right to receive.

ROUND #1: Negative Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I'm afraid they'll think I'm selfish if I receive.

ROUND #2: Positive Phrases

(eyebrow) *The past is over now...*

(side of eye) *I love receiving graciously...*

(under eye) *I choose to receive when I am offered love...*

(under nose) *I love receiving and giving...*

(chin) *The conflict is in my past...*

(collarbone) *I receive graciously...*

(under arm) *I choose to receive when I am offered love...*

(head) *I love receiving and giving.*

ABUNDANCE GAMES

CASH COMFORT

Take a very crisp \$50 or \$100 bill and hold it in your hand. Turn it over, feel it, really sense the value of it. Notice the feelings that are coming up. Do you feel nervous? Strange? Unworthy? ***Tap the sequence of points while you are staring at the bill and holding it.*** Notice the anxiety disappearing, and keep track of other emotions that surface. Keep tapping until holding this amount of money in your hand feels ***normal***.

Then try this exercise with a check made payable to yourself in the amount of \$25,000. Write it out from your regular checking account. Look at it, note the feelings that surface, and ***keep tapping until it is very believable that you deserve to have this amount.*** Proceed to larger amounts such as \$100,000, \$500,000 and \$1,000,000 until you know this is not only ***possible***, but ***probable*** that these amounts will flow easily into your life.

GRATITUDE WALK

GRATITUDE WALK: As you walk to work, walk the dog, do your daily errands and chores, or take a nature walk, notice what you like about your environment and announce it out loud. Then ***count your blessings out loud.*** Tell the universe what you love about your life. This habit will keep you at a higher ***vibration of gratitude*** and will release the resistance you have on an energetic level.

On one of my gratitude walks last summer, I became very enthusiastic about ***raising my vibration***, and for 30 minutes I declared out loud with passion all that I was ***grateful*** for over and over again. Of course the list grew as I walked and pumped my arms. Three days later **EFT** founder Gary Craig called me and asked me if I wanted to teach a class with him in Connecticut. ***Another coincidence, you say?*** I wouldn't mind more of these fabulous coincidences in my life.

STEP #3

ACTIVATE THE LAW OF ATTRACTION

Actually, the *LAW of ATTRACTION* is always activated in your life. This law refers to an *energetic formula*: whatever you focus on, you will *attract* into your life. So if you are worried about all your bills, or aches and pains, or how people don't like you, you will be *attracting* more of those limitations into your daily life.

Chances are, if you answer *YES* to any of the questions in this section, you are frustrated with problems that continue to show up in your life, in spite of your *strong desire* to be successful. Fortunately, with *EFT* you can help yourself turn your focus around so you *activate the positive* and *attract an abundance of resources* rather than more of your worries.

Remember: we are *energetic* beings—just like little magnets—*attracting* anything we focus on into our lives. If you are vibrating about worry, you will attract more worrisome issues. If you feel abundant, you will attract more *abundance* and ease into your life on any subject.

- **Do you find yourself worrying all the time about how many expenses you have?**

“Karen” obsessed all day long about wanting more money. Her focus was not, however, on money, it was on the *lack* of money in her life. She thought about her pile of bills and worried about how she would pay them by juggling her paychecks, and unwittingly attracted more *lack* into her life in this way.

ISSUE: MONEY ANXIETY

(Repeat the following phrases while tapping the *karate chop point*.)

Even though *I feel uptight when I think of money*, I choose to feel more relaxed about it now...Even though *I'm afraid to open my bills*, I choose to believe in my ability to pay them...Even though *money concerns haunt me*, I choose to release my fears.

ROUND #1: Negative Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

Money concerns haunt me.

ROUND #2: Positive Phrases

(eyebrow) *I feel relaxed about money...*

(side of eye) *I feel free when I think of paying my bills...*

(under eye) *I am grateful for all the money in my life...*

(under nose) *I feel wealthy already...*

(chin) *I feel relaxed about money...*

(collarbone) *I feel free to pay my bills...*

(under arm) *I am grateful for all the money in my life...*

(head) *I feel wealthy now.*

ISSUE: SCARCITY OF MONEY

(Repeat the following phrase 3 times while tapping the *karate chop point*.)

Even though *I'm convinced I don't have what I need*, I choose to feel safe now anyway...Even though *I'm always worrying about how little money I have*, I choose to feel more relaxed about it...Even though *I don't know if I will be able to make ends meet*, I choose to feel relaxed and trust my ability to attract abundance.

ROUND #1: Negative Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I'm always worrying about how little money I have.

ROUND #2: Positive Phrases

(eyebrow) *I do have what I need already...*

(side of eye) *I love feeling satisfied...*

(under eye) *I have a lot of money...*

(under nose) *I have always made ends meet...*

(chin) *I do have what I need now...*

(collarbone) *I am satisfied now...*

(under arm) *I have plenty in my life...*

(head) *I love feeling abundant.*

ISSUE: MONEY DOESN'T COME EASILY

(Repeat the following phrases while tapping the *karate chop point*.)

Even though *I feel anxiety in my stomach when I think about money*, I choose to feel relaxed now...Even though *I don't expect myself to pay my bills*, I know that my situation is changing now...Even though *money has never come easily to me*, I have decided to change this pattern.

ROUND #1: Negative Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

Money has never come easily to me.

ROUND #2: Positive Phrases

(eyebrow) *Money is coming easily to me now...*

(side of eye) *I increase my prosperity consciousness...*

(under eye) *I am so happy that I attract money easily now...*

(under nose) *Thank you Spirit for opening these channels...*

(chin) *Money is coming easily to me now...*

(collarbone) *I love my new prosperity consciousness...*

(under arm) *I am so happy that I attract money so easily...*

(head) *Thank you Spirit for opening so many channels.*

▪ **Do you feel certain your life will be much better when you earn more money?**

▪ **Are you convinced you can't be happy *until the bills are paid*, or until you have more money?**

If you are having trouble being happy in your day to day life *because of not having enough money*, you will be forever waiting for financial abundance. This is the **NOT UNTIL** illness. Your assignment is to find ways to enjoy today, even if you are poor (or single or sick). Finding reasons to feel better and thoughts that make you feel happier will bring the money, the success, good health, or whatever you are looking for, into your life faster.

Remember, we will *attract back to us* a match for the signal we are *putting out* to the universe. There are no exceptions to this **Law of Attraction**. So even if it is an economic fact that you are poor, you must find a way to *feel rich* about something else in your life in order to raise your *vibration* and increase the positive manifestations in your life.

Many people resist this idea of focusing on a *positive vibration*. They feel compelled to focus on how to make more money, what to do differently, and how to improve their advertising strategies. This is a trap and does not yield the results that improving your *energetic vibration* does. If you would like to save time, and *attract* what you want faster, *change your energy* instead of your marketing plan.

Try the following **EFT Exercises**:

ISSUE: CAN'T BE HAPPY UNTIL...

(Repeat the following phrase 3 times while tapping the karate chop point.)

*Even though **I don't believe I can be happy until I am wealthy**, I choose to find things to be happy about now.*

ROUND #1: Negative Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I don't believe I can be happy until I am wealthy.

ROUND #2: Positive Phrases

*(eyebrow) **I love being happy no matter how much money I have...***

*(side of eye) **I appreciate all that I have in my life...***

*(under eye) **I am happy now...***

*(under nose) **I love expecting abundance in my life...***

*(chin) **I love being happy now...***

*(collarbone) **I appreciate all that I have in my life...***

*(under arm) **I am happy now...***

*(head) **I expect abundance in my life.***

ISSUE: CAN'T FEEL GOOD UNTIL...

(Repeat the following phrase 3 times while tapping the *karate chop point*.)

Even though *I can't feel good until I'm relaxed about money*, I choose to feel relaxed and hopeful anyway.

ROUND #1: Negative Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I can't feel good until I'm relaxed about money.

ROUND #2: Positive Phrases

(eyebrow) *I am relaxed about money...*

(side of eye) *I finally understand it's easy to earn money...*

(under eye) *I appreciate knowing there will be enough...*

(under nose) *I intend to feel relaxed about money...*

(chin) *I feel taken care of...*

(collarbone) *I finally understand making money is easy...*

(under arm) *I appreciate knowing there is enough already...*

(head) *I intend to feel relaxed about money.*

ISSUE: CAN'T BE HAPPY IF I'M POOR

(Repeat the following phrase 3 times while tapping the *karate chop point*.)

Even though *I can't be happy and poor*, I deeply and completely accept who I am now.

ROUND #1: Negative Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I can't be happy and poor.

ROUND #2: Positive Phrases

(eyebrow) *I am happy now anyway...*

(side of eye) *I love feeling good...*

(under eye) *I am wealthy in spirit right now...*

(under nose) *I feel grateful for my abundance...*

(chin) *I am happy now anyway...*

(collarbone) *I love feeling good...*

(under arm) *I am wealthy in spirit no matter what...*

(head) *I feel grateful for my abundance.*

ISSUE: BELIEF IN POVERTY

(Repeat the following phrase 3 times while tapping the karate chop point.)

*Even though **I'm convinced I will always be poor**, that's just who I am, I deeply and completely accept all of me.*

ROUND #1: Negative Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I'm convinced I will always be poor.

ROUND #2: Positive Phrases

*(eyebrow) **I am wealthy already...***

*(side of eye) **I love feeling the abundance in my life...***

*(under eye) **There is plenty of abundance already...***

*(under nose) **I love feeling free about success...***

*(chin) **I am wealthy already...***

*(collarbone) **I feel abundance in my life...***

*(under arm) **There is plenty of abundance everywhere...***

*(head) **I love feeling free about success.***

ISSUE: YES, BUT...

*(Repeat the following phrase 3 times while tapping the **karate chop point**.)*

*Even though **I'm not rich yet**, I choose to expect abundance in my life.*

ROUND #1: Negative Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I'm not rich yet.

ROUND #2: Positive Phrases

*(eyebrow) **I love feeling wealthy...***

*(side of eye) **I choose to feel rich...***

*(under eye) **I love feeling abundance all around me...***

*(under nose) **I choose success now...***

*(chin) **I am already feeling wealthy...***

*(collarbone) **I choose to feel rich...***

*(under arm) **I love feeling abundance all around me...***

*(head) **I choose success now.***

---KEEP TAPPING...IT WORKS---

Here are some additional questions to help uncover the reasons you may be *attracting the opposite* of what you want in your life:

- **Are you constantly complaining about *how few good men* (or women) there are in your town?**

Many of my clients blame New York for their uninspired love lives. New York is not the source of their problem. The *attitude of scarcity*, (*there aren't enough single men/women*) is the source of the problem.

How satisfied are you with your *love life*? Are you constantly thinking there aren't enough potential partners in your town? Try thinking thoughts of *abundance* and *vibrating* in a new way to *attract your mate* into your life.

- **Are you focused on the ailments typically found within your age group?**

Remember that your focus on ailments will bring them right into your life. Wouldn't you rather focus on how strong certain parts of your body feel, and how well it has supported you?

- **Have you always been *desperate* to lose weight?**

People who feel desperate about losing weight are chronically focused on the parts of their body they want to get rid of...which means those parts can in fact grow right before their very eyes! Use **EFT** to alleviate the focus on fat and the negative tone of your vibration. You will never see food as the enemy again. This next section will address issues of love, health, and body weight.

ISSUE: ATTRACTING LOVE PARTNER

(Repeat the following phrases while tapping the *karate chop point*.)

Even though *I can't seem to find the right mate*, I deeply and completely accept myself anyway...Even though *I'm convinced I'll always be single*, I choose to accept who I am and how I feel...Even though *I feel jealous because they have mates and I don't*, I accept how I feel.

ROUND #1: Negative Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I can't seem to find the right mate.

ROUND #2: Positive Phrases

(eyebrow) *Many people have been successful in this area...*

(side of eye) *I love knowing my mate is on his/her way...*

(under eye) *I know I will be ready when he/she appears...*

(under nose) *The Universe is bringing me what I want...*

(chin) *Many people have been successful in this area...*

(collarbone) *My mate is on his/her way to me...*

(under arm) *I will be so ready when he/she appears...*

(head) *I appreciate attracting my mate...*

ISSUE: FEAR OF REJECTION

(Repeat the following phrases while tapping the *karate chop point*.)

Even though *I'm afraid they will reject me*, I deeply and completely accept myself...Even though *I don't feel worthy of a faithful mate*, I choose to feel worthy now...Even though *I don't feel lovable, and never have*, I choose to feel good now.

ROUND #1: Negative Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I don't feel worthy of a faithful mate.

ROUND #2: Positive Phrases

(eyebrow) *I love feeling accepted...*

(side of eye) *I remember feeling accepted...*

(under eye) *I choose to feel lovable...*

(under nose) *I know I am lovable now...*

(chin) *I feel worthy...*

(collarbone) *I am acceptable...*

(under arm) *I choose to feel lovable...*

(head) *I know I am lovable now...*

ISSUE: FOCUS ON AGING

(Repeat the following phrases while tapping karate chop point.)

*Even though **I feel pain when I walk**, I deeply and completely accept myself...Even though **I'm afraid of aging**, I choose to feel energy flowing through my body...Even though **I'm afraid my body is failing**, I choose to feel energetic today.*

ROUND #1: Negative Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I'm afraid of aging.

ROUND #2: Positive Phrases

*(eyebrow) **I love feeling energetic...***

*(side of eye) **I love my healthy body...***

*(under eye) **I feel so happy about the strength of my body...***

*(under nose) **I believe in my body's ability to heal itself...***

*(chin) **I love feeling energetic...***

*(collarbone) **I love feeling strong...***

*(under arm) **I feel so happy about the strength of my body...***

*(head) **I feel so healthy and strong.***

ISSUE: FEELING FAT

(Repeat the following phrase 3 times while tapping the *karate chop point*.)

Even though *I feel fat and hopeless about losing weight*, I deeply and completely accept myself anyway.

ROUND #1: Negative Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I feel fat and hopeless about losing weight.

ROUND #2: Positive Phrases

(eyebrow) *I love feeling thin...*

(side of eye) *I could feel thin...*

(under eye) *I'm allowed to feel thin...*

(under nose) *I want to feel thin...*

(chin) *I choose to feel thin...*

(collarbone) *I allow myself to feel slender...*

(under arm) *I allow myself to feel good about my body...*

(head) *I appreciate my body now.*

ABUNDANCE GAMES

END RESULT IMAGERY

END RESULT IMAGERY is used by athletes, sales people and anyone interested in reaching their goals quickly. Again, it is a kind of *recipe*. Use all the ingredients to speed up the delivery of your goal.

Combine all your senses to enhance your visualization and *increase your vibration of success*.

- *See* yourself having accomplished your goal.
- *Hear* two supportive friends congratulate you on achieving what you wanted.
- *Feel* the emotions of the success.
- *Sense* how your body feels now that you have reached your goal.
- *Smell* whatever aromas might be connected to this success. (A client of mine said she would buy expensive perfume if she reached her goal.)
- *Taste* what success tastes like to you.
- *Combine* all these images and sensations together again and visualize yourself having attained your goal.

TAKE FIVE

Imagery needs to be very clear and sharp. It also needs to be believable. Whenever I use this next exercise that I call **TAKE FIVE** and follow it with a *Statement of Thanks and Gratitude*, my *vibration* improves immediately and dramatically. I still find it hard to write out this exercise without grinning ear to ear! Try it if you are serious about *receiving* what you want. Here are the basic ingredients of this *recipe*. You will be writing out your statements in this order:

- **KNOW** what you want
- **STATE YOUR INTENTION**
- **CHOOSE** to see yourself with your goal
- **BELIEVE** and **EXPECT** your success
- **ACT AS IF** you already have what you want
- **GIVE THANKS** for achieving the end result

Start by *identifying specifically* what you want to *attract* in your life and write it out on paper. Play around with the words so your statement is succinct and really communicates *exactly* what you are looking for. You may choose tangible material items such as a car, home or jewelry, or “intangibles” such as spiritual fulfillment, a higher vibration, or a feeling of peace. For example, you may want:

- (1) a new BMW sports car/ or a new home
- (2) a higher vibration around money (\$\$)
- (3) the perfect business partner
- (4) \$2 million dollars through surprising channels
- (5) the perfect life partner

Follow the examples below for your **5 statements**. Then write out a *Statement of Thanks and Gratitude*.

- ***I WANT*** to attract a higher vibration about money.
- ***I INTEND*** to attract a higher vibration about money.
- ***I CHOOSE*** to attract a higher vibration about money.
- ***I EXPECT*** to attract a higher vibration about money.
- ***I AM ALREADY ATTRACTING*** a higher vibration about money.

THANK YOU UNIVERSE (God, Spirit, Higher Power) *for allowing me to attract a higher vibration about money!*

- ***I WANT*** to attract a new blue BMW sports car.
- ***I INTEND*** to attract a new blue BMW sports car.
- ***I CHOOSE*** to attract a new blue BMW sports car.
- ***I EXPECT*** to attract a new blue BMW sports car.
- ***I AM ALREADY ATTRACTING*** a new blue BMW sports car.

THANK YOU UNIVERSE (God, Spirit, Higher Power) *for bringing me that new blue BMW sports car.*

STEP #4 CLAIM ABUNDANCE NOW

Many people are afraid to own or *claim the abundance* that is waiting for them. They suddenly feel shy when offered an amazing opportunity, or don't know how to "close the deal." *Abundance* is available to all of us, but we must activate our positive intentions to *claim success* or it will slip away.

- **Do you have trouble *believing you can have what you want*?**

Frederick didn't believe he could have what he had always dreamed about, so he could never *claim abundance*, assuming it wasn't *his* to have. With some easy tapping suggestions, he broke down the belief system that fueled this assumption: his father had told him he would never get what he wanted and that he *should settle* for whatever he could get.

If you don't *believe* you deserve to have what you want, stop trying to *get what you want* until you address the underlying belief system with **EFT** and positive affirmations. Otherwise, all your efforts will be a waste of time.

- **Do you still feel that you *don't deserve abundance or wealth*?**

While we touched upon *deserving issues* under **STEP 2**, there is always more to clear with this topic. Many people suffer from the overall belief "*I don't deserve success.*" This *belief*, or conviction, naturally undermines success. My client Jonathon never felt deserving of wealth. Because of his intelligence, he always did well and never had to work too hard. He found this an unfair advantage, and as a result, didn't think he deserved wealth as much as others who worked overtime. Until Jonathon dealt with this basic belief system, none of his self-help books or hours of counseling with a top coach in the country moved him towards his goals.

ISSUE: SELF-WORTH

(Repeat the following phrases while tapping *the karate chop point*.)

Even though *I don't believe I deserve success*, I completely accept who I am...Even though *I'm convinced others deserve and I don't*, I choose to believe in my worthiness now...Even though *I don't believe I can have what I want*, I choose to change my beliefs around money.

ROUND #1: Negative Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I don't believe I deserve success.

ROUND #2: Positive Phrases

(eyebrow) *I believe I deserve money...*

(side of eye) *I know I deserve success and abundance...*

(under eye) *I appreciate abundance everywhere...*

(under nose) *I love appreciating abundance in my life...*

(chin) *I believe I deserve money...*

(collarbone) *I know I deserve prosperity...*

(under arm) *I appreciate abundance in the lives of others...*

(head) *I love appreciating abundance in my life.*

ISSUE: I'M NOT WORTHY

(Repeat the following phrases while tapping *the karate chop point*.)

Even though *they told me I didn't deserve any more*, I choose to believe differently now...Even though *they convinced me I wasn't worthy*, I choose to believe in my worth now...Even though *I have always felt unworthy*, I choose to feel valuable now.

ROUND #1: Negative Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

They convinced me I wasn't worthy.

ROUND #2: Positive Phrases

(eyebrow) *I believe in my worth...*

(side of eye) *I am enough...*

(under eye) *There is enough for everyone...*

(under nose) *I love believing I am worthy now...*

(chin) *I believe in my worth...*

(collarbone) *I am profoundly lovable...*

(under arm) *There is enough for everyone...*

(head) *I love believing I am worthy now.*

ISSUE: SUCCESS IS NOT FOR ME

(Repeat the following phrases while tapping the karate chop point.)

*Even though **I'm still convinced I'm not worthy of success**, I deeply and completely love and accept all of me...Even though **I'm convinced it's not meant for me**, I choose to claim abundance now...Even though **I'm not someone who should be abundant**, I choose to believe in myself.*

ROUND #1: Negative Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I'm still convinced I'm not worthy of success.

ROUND #2: Positive Phrases

*(eyebrow) **I am worthy...***

*(side of eye) **No I'm not...***

*(under eye) **Yes I am...***

*(under nose) **I am worthy of abundance and so are you...***

*(chin) **I am worthy now...***

*(collarbone) **I'm glad the conflict is over...***

*(under arm) **Yes I am worthy now and always have been...***

*(head) **I am worthy of abundance and so are you.***

ISSUE: I DON'T DESERVE ABUNDANCE

(Repeat the following phrases while tapping the karate chop point.)

*Even though **I have trouble accepting abundance**, I choose to claim it now...Even though **I don't feel right having financial worth**, I deeply and completely accept myself anyway...Even though **I still don't feel deserving of happiness**, I choose to change this pattern.*

ROUND #1: Negative Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I still don't feel deserving of happiness.

ROUND #2: Positive Phrases

*(eyebrow) **I choose to accept abundance starting now...***

*(side of eye) **We are all allowed to accept abundance...***

*(under eye) **I choose to feel worthy of all that I want...***

*(under nose) **I deserve happiness...I know it is coming...***

*(chin) **I choose to accept abundance starting now...***

*(collarbone) **We are all allowed to claim abundance...***

*(under arm) **I choose to feel worthy of all that I want...***

*(head) **I feel deserving of happiness and know it is coming to me.***

ISSUE: I SHOULDN'T CLAIM SUCCESS

(Repeat the following phrases while tapping the *karate chop point*.)

Even though *I continue to sabotage myself*, I choose to release this pattern...Even though *I don't feel clear about what I want*, I choose to accept the clarity now...Even though *I still don't feel I deserve success*, I choose to believe that I do now.

ROUND #1: Negative Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I continue to sabotage myself.

ROUND #2: Positive Phrases

(eyebrow) *I love feeling clear about my success...*

(side of eye) *I choose to feel clear about my goals...*

(under eye) *I love knowing I am reaching my goals...*

(under nose) *I appreciate all the abundance in my life...*

(chin) *I love claiming my success...*

(collarbone) *I choose to feel clarity in my life...*

(under arm) *I love knowing I am reaching my goals...*

(head) *I appreciate all the abundance in my life.*

ISSUE: FEELING LACK

(Repeat the following phrases while tapping the *karate chop point*.)

Even though *I still feel lack in my life*, I choose to feel plenty now...Even though *I still think there won't be enough for me*, I love feeling plenty now...Even though *I'm afraid to claim my abundance*...I choose to claim it now!

ROUND #1: Negative Reminder Phrase

(Repeat this phrase while tapping the sequence of 8 points.)

I'm afraid to claim my abundance.

ROUND #2: Positive Phrases

(eyebrow) *I claim abundance now...*

(side of eye) *I choose to feel all the abundance in my life...*

(under eye) *I am receiving success every day...*

(under nose) *I am grateful for all the blessings I have...*

(chin) *I claim abundance now...*

(collarbone) *I feel so much prosperity...*

(under arm) *I am receiving success every day...*

(head) *I am grateful for all the blessings in my life.*

--- POSITIVE AFFIRMATIONS ---

Lack of clarity resulting from inner emotional static definitely blocks *attracting abundance*. Insert whatever word you prefer for “Spirit” or “God” as you say the following phrases *while tapping*:

- *I choose to feel **connected** to my SOURCE*
- *I love feeling **connected** to Spirit*
- *I love **hearing divine guidance** from Spirit*
- *I love **feeling clarity** about receiving guidance*
- *I love **appreciating** all of God’s messages*
- *I hear, see and feel the **next right step***

For basic *positive affirmations*, to use throughout the day but not necessarily while you are tapping, try the following:

- *I am enough, there is enough*
- *I claim success now; I am successful now*
- *I am grateful for all the abundance in my life*
- *Thank you for all the blessings I have*
- *I love prosperity, I receive guidance*
- *I rejoice in all of our prosperity*
- *I am grateful that SPIRIT knows we are all worthy*

ABUNDANCE GAMES

THE YES GAME

I find the positive energy of the **YES GAME** very contagious. Try this: Write a list of questions to which the answer is definitely, undeniably, **YES**. Write the questions out on a piece of paper and ask a friend to read the list to you. Make sure your friend pauses for your answer each time, or read the list out loud to yourself and enthusiastically respond **YES!** to each question. If at any time your response seems lukewarm, that means you need to tweak the question so that it is easier to be joyful about the **YES** answer. Start the list with obvious questions:

- **Is your name Carol Look? YES!**
- **Do you live in New York? YES!**
- **Do you want to attract \$5 million dollars? YES!**
- **Do you love your home? YES!**
- **Do you believe in the work you do? YES!**
- **Are your favorite colors blue and purple? YES!**
- **Don't you just love puppies and kittens? YES!**

Then move to more important questions...

- **Do you know you are *successful* already? YES!**
- **Does the *Law of Attraction* work? YES!**
- **Do you *appreciate* your clients? YES!**
- **Are you *happy* with the flow of your life? YES!**
- **Do you *appreciate* that money comes easily? YES!**

Your list of *questions* may cover any topics you wish. Just make sure you can answer them with an emphatic **YES!**

THE THANK YOU GAME

The **THANK YOU GAME** is very simple and uses *statements of gratitude* in the present tense to *Thank the Universe* for what you want to *attract* in to your life. Remember, what you *put out* to the *Universe* will be returned to you like a boomerang. (Imagine hearing an echo coming back to you.) Start tapping at your *eyebrow point* and follow 2 or 3 rounds in a row:

Thank you Universe for my abundance.

Thank you Universe for my vibrant health.

Thank you Universe for such rich friendships.

Thank you Universe for financial success.

Thank you Universe for exciting opportunities.

Thank you Universe for all the blessings in my life.

Also, you may use these phrases without tapping, and repeat them while you clean the house or walk your dog.

Thank you Universe for my insight regarding my health.

Thank you Universe for bringing me financial abundance.

Thank you Universe for showing me the next right step.

Thank you Universe for all my loving friends.

Thank you Universe for bringing me such clarity.

WHAT NEXT? WHAT NEXT? WHAT NEXT?

Now you have dozens of **EFT** statements, *positive affirmations*, *visualization techniques*, *written exercises*, and *abundance games* to break through your comfort zones and limiting beliefs. You have enough **RECIPES** for hundreds of gourmet meals!

---NOW ALL YOU HAVE TO DO IS USE THEM---

I make time every day to use **EFT**, meditate, write, or play one or more of the *Abundance Games* outlined in this e-book. This commitment has paid off immensely and I continue to put aside and cherish this time for myself.

Using **EFT**, you will be able to *attract the success and abundance* that you are entitled to in this lifetime. I encourage you to confidently communicate your worth to the *universe* and...

***CLAIM
YOUR
ABUNDANCE***

RIGHT NOW !

--- ADDITIONAL EFT TRAINING ---

I highly recommend that you pursue additional **EFT** training. The best resource is **EFT** founder Gary Craig's incredibly abundant web site <http://www.emofree.com>. You will find hundreds of useful articles and case studies using **EFT**. Gary also sells the field's premier training DVDs. I am deeply grateful to Gary for his openness and generosity.

I offer the following **EFT** products through <http://www.CarolLook.com>:

- **Audio CDs for *Success and Abundance***
- **DVDs of the September 2004 *Success and Abundance* class I taught as part of Gary Craig's Stamford, CT **EFT** workshop.**
- **Audio CDs for *Weight Loss***
- **Electronic **EFT**: *The Key to Weight Loss***
<http://www.conquer-overeating.com>
- ***Weight Loss* and *Smoking Cessation* training manuals**
- **Monthly teleclasses**

There is an *abundance* of skilled practitioners that teach **EFT** classes, offer individual sessions, and have useful web sites. They can be located through the *Find an EFT practitioner* pages of <http://www.emofree.com> or through Dr. Patricia Carrington's rich web site <http://www.eftupdate.com>.

Special thanks to EFT Coach Rick Wilkes for exceptional technical and editorial support. Rick can be reached at <http://www.ThrivingNow.com>.

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Carol Look is a Licensed Clinical Social Worker in New York State and holds a doctoral degree in Clinical Hypnotherapy. She is trained in **Energy Therapy** methods such as **TFT, EFT** and **TAT**. **Dr. Look** is an addictions specialist and maintains a private practice in New York City. As a leading contributing editor to the **EFT** web site <http://www.emofree.com>, Carol has written dozens of clinical articles to support fellow clinicians in their work. She teaches **EFT** classes around the country on the topics of *Success and Abundance, Anxiety Relief* and *Weight Loss*. She has been invited to teach **Energy Therapy** classes for the *Association of Comprehensive Energy Psychology (ACEP)*, the *National Institute for the Clinical Application of Behavioral Medicine (NICABM)*, the *National Guild of Hypnotists (NGH)*, and the *Center for Spirituality and Psychotherapy (CSP)*.

ESSENTIAL WEB SITES

<http://www.emofree.com>

<http://www.CarolLook.com>

<http://www.EFTupdate.com>

<http://www.EFT4powerpoint.com>

<http://www.abraham-hicks.com>

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