

Rewire your brain for *financial* abundance

EFT (Emotional Freedom Techniques) combines gentle tapping on acupressure points with mindful attention. Many people use it to calm the nervous system, release emotional tension, and support more helpful patterns of thinking and feeling.

If you're not familiar with EFT, don't worry. You'll find a simple illustration of all the tapping points on the last page.

Before we begin, take a slow, deep breath. As you gently tap 3-7 times on each point, simply allow your body to feel safe. There's nothing to force, nothing to fix—just breathe, tap, and let go.

Karate Point (3x):

Even though I have unconscious blocks around money and financial freedom, I deeply and completely accept myself, and I choose to let my body feel safe receiving abundance.

Round 1 – Letting Go of Money Blocks

1. I choose to feel safe, even if financial freedom still feels far away.
2. I release the belief that money has to be a struggle.
3. My nervous system is learning that it is safe to relax and receive.
4. It is safe for me to receive and keep financial abundance.
5. I gently let go of the fear of not having enough.
6. Every cell in my body is becoming comfortable with abundance.
7. I choose to associate money with peace, trust, and freedom.
8. I am ready to receive financial freedom with a calm mind and a relaxed body.

Take another deep breath. Notice any shift, no matter how small. Your body learns through repetition, not perfection. Now it's time to embody the version of you who already feels safe, abundant, and free.

Go to the next page for round 2 and 3.



Round 2 – Creating Safety Around Money

1. I am teaching my body that it is safe to have money.
2. I no longer need to live in survival mode.
3. I can relax, breathe, and still create financial success.
4. Money is becoming a source of peace instead of stress.
5. I trust that new opportunities are always available to me.
6. The more relaxed I become, the more open I am to abundance.
7. I release the need to control every outcome.
8. I feel calm, grounded, and safe receiving more than enough.

Round 3 – Embodying Financial Abundance

1. Financial freedom is becoming my new normal.
2. I naturally attract opportunities that align with me.
3. I am worthy of wealth simply because I exist.
4. Abundance flows to me with ease and grace.
5. I receive money with gratitude, confidence, and joy.
6. My nervous system feels calm, regulated, and open to receiving.
7. I trust life to support me in ways I cannot yet see.
8. I am financially free, deeply at peace, and open to limitless abundance.

Take one final deep breath. Let your shoulders relax. Feel your feet on the ground. You don't have to chase abundance or prove your worth. The more your nervous system feels safe, the more naturally you create, receive, and recognize opportunities. Carry this feeling with you today. Let this be the beginning of a new relationship with money—one built on trust, peace, and freedom.



