

# Top 10 Tapping Scripts for Attracting Abundance with EFT

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[www.AttractingAbundance.com](http://www.AttractingAbundance.com)

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## Disclaimer

*The information presented in these newsletters is educational in nature, and is provided only as general information. Emotional Freedom Techniques, often known as EFT, is a technique referred to as a type of energy therapy. To date, EFT has yielded remarkable results for relieving emotional and physical distress. EFT appears to have promising mental, spiritual, and physical health benefits, but has yet to be fully researched by the Western academic, medical, and psychological communities. Therefore, EFT (and any variations on meridian tapping) could be considered experimental, and since EFT is a relatively new healing approach, the extent of its effectiveness as well as its risks and benefits are not fully known or understood.*

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*While many people have enjoyed the effects after using EFT, you will need to try it for yourself and see what outcomes you may have.*

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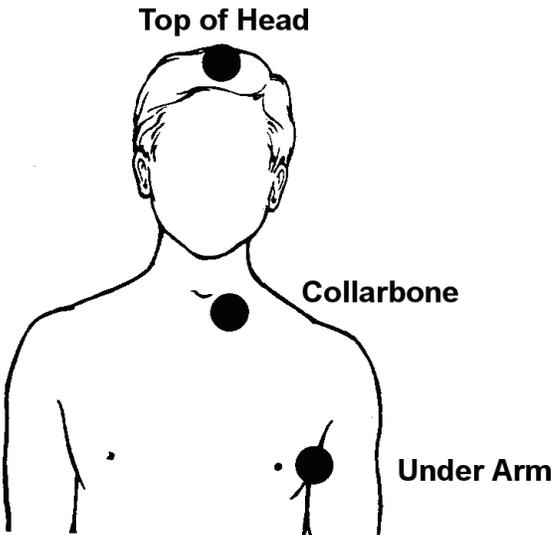
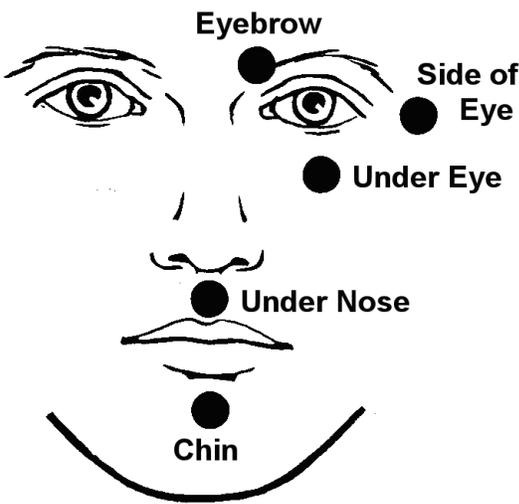
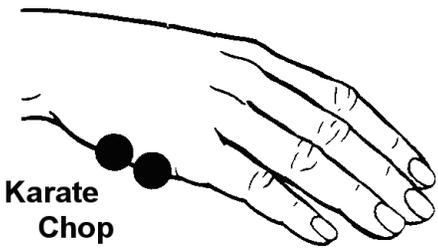
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***Please enjoy these materials, and have fun with EFT/ Meridian Tapping!***

# Introduction To EFT/ Meridian Tapping

1. Choose specific problem (an emotion, event, or symptom).
2. Determine your “discomfort” on the 0-10 point intensity scale.
3. Perform *SET-UP STATEMENT*: While tapping karate chop point on either hand, repeat *AFFIRMATION* 3 times (example): “*Even though I have this anxiety about this issue, I deeply and completely accept myself anyway.*”
4. Tap following points while repeating the *REMINDER PHRASE*, “*this anxiety.*”
  - Eyebrow (EB)
  - Side of Eye (SE)
  - Under Eye (UE)
  - Under Nose (UN)
  - Chin (CH)
  - Collarbone (CB)
  - Under Arm (UA)
  - Head (H)
5. Now assess your discomfort again on the 0-10 point intensity scale.
6. Repeat *SET-UP STATEMENT*: While tapping your karate chop point, repeat the *REVISED AFFIRMATION*: “*Even though I STILL have this anxiety about this issue, I deeply and completely accept myself.*”
7. Tap all of the points again, repeating the *REVISED REMINDER PHRASE*, “*remaining anxiety about this issue.*”
8. Assess your discomfort on the 0-10 point rating scale.
9. Repeat if necessary.
10. Change to other *ASPECTS*.

# EFT Tapping Points



If you want further information on **EFT/ Meridian Tapping**, please go to the following link:

<http://www.attractingabundance.com/emotionalfreedom.html>

# 1: Fear of Change

Plenty of people claim they want to start attracting abundance, but they have little understanding or appreciation for the power of their fears of making any changes or *"rocking the boat."* These conscious or unconscious fears are very powerful, but fortunately they can be treated and eliminated with EFT. If the underlying beliefs about change (*change is dangerous, they won't like me anymore*) aren't neutralized, then any gains realized from using any and all techniques will be only temporary.

For each of the topics that follow, I am providing clear **EFT Setup Phrases (or statements)** followed by two rounds (one negative and one positive).

## **EFT SETUP PHRASES:**

The **EFT SETUP Phrases** for this topic are as follows:

While tapping the ***karate chop spot*** on either hand, repeat these phrases out loud, (or change the words to fit your exact situation).

***"Even though a part of me is afraid to change and attract abundance, I deeply and completely accept all of me."***

***"Even though I might upset other people if I start attracting abundance, I choose to raise my vibration anyway."***

***"Even though I don't want them to be mad at me, I accept who I am and that I have all these desires."***

I have indicated where to tap while saying each of the phrases below. You may repeat this round more than once if you wish.

**\*\*\*Now, for the phrases that focus on the problem\*\*\***

***Eyebrow: "I don't want to change."***

***Side of Eye: "I'm afraid to change."***

***Under Eye: "They'll feel threatened if I change."***

***Nose: "I don't want to upset them."***

***Chin: "I want to stay where I am."***

***Collarbone: "I have this conflict about success."***

***Under Arm: "I don't want to rock the boat."***

***Head: "It's easier to stay where I am."***

**\*\*\*Now for the positive focus on the solution\*\*\***

**Eyebrow:** *"I do want to change."*

**Side of Eye:** *"They can handle it."*

**Under Eye:** *"I could be safe embracing prosperity."*

**Nose:** *"I love realizing my potential."*

**Chin:** *"I deserve wealth and abundance."*

**Collarbone:** *"I appreciate all the abundance I already have."*

**Under Arm:** *"I appreciate who I am."*

**Head:** *"I feel free to release this conflict once and for all."*

**RECOMMENDATIONS AND TIPS:**

I have two simple recommendations for you.

First, I recommend writing out the **positive phrases** from the above exercise in a notebook or on an index card and carrying them around with you. **Say them out loud** while you're doing your errands or doing the dishes. This will replace the chronic negative self talk most of us use on ourselves all day long. You'd be surprised how effective it is to have a positive phrase or two handy. Laminate your favorite ones if you wish or keep them all in the same notebook for weekly review, but just have them ready.

My second recommendation is to follow one of the "abundance games" I talk about in my e-book, **"Attracting Abundance with EFT."** First of all, games are fun, and second of all, games help us remember new information. The "game" I am recommending is called the **Gratitude Walk**.

Take a walk between 5 and 30 minutes and repeat out loud how much you love your life, what you appreciate about your life, what you notice in the scenery that's lovely, what you feel grateful for in your family, etc. The "game" part is trying to keep track of staying positive and noticing how easy it is to slip back into negative thinking. Just see if you can keep up with the positive affirmations, but notice how often you resort to your laundry list of gripes.

I have a number of affirmations I use daily (such as *I am abundance, I appreciate all the blessings in my life, I am open to receiving guidance*), so I start with those, and before I know it, I am bubbling over with new ones and appreciating the incredible prosperity and joy in my life.

## Rules of the Game:

**Rule #1.** Never make it up---if you don't feel grateful for your family or your job during one of your walks, don't say it out loud. You may leave them off the list.

**Rule #2.** If you feel embarrassed because people are staring at you because you are gushing out loud, then say your affirmations to yourself until the people pass you by. Then continue appreciating your life out loud!

**Rule #3.** When you are so happy you are grinning and laughing out loud, it's time to stop and go back to your regular day.

**Rule #4:** (optional) Keep track of the wonderful blessings that come into your life as a result of starting this practice.

\*\*\*\*\*

If you liked this exercise, you can get many more in:

### **Attracting Abundance with EFT**

Available in paperback and e-book with audio recordings

If you are tired of not having enough money, time, love or success, then this is the book for you! In an easy to follow style, this book combines:

- the simplicity of EFT
- the fun of Abundance Games
- the power of the Law of Attraction
- tips to help you magnetize success

**<http://www.attractingabundance.com/book.html#ebook>**

\*\*\*\*\*

## 2: Not Enough...

When I am listening deeply to my clients, I realize there is a common theme to all their concerns --- ***there is not enough...*** of something. For me this month, there has not been enough time. Several of my clients complained of not enough space (this is all too common for those of us that live in New York!) and others are frustrated that there is not enough money or resources to both pay their monthly expenses and have the fun they want. Regardless of the subject, I think **EFT** can do wonders for resolving this attitude. Yes, I see it as an ***attitude*** rather than a fact, and since we can change our life by changing our consciousness, I highly recommend using **EFT** to neutralize these feelings.

Remember, if you are constantly feeling lack, you are communicating that ***vibration*** to the universe. According to my favorite *Law of Attraction* teachers, **Abraham-Hicks**, the universe hears your ***vibration***, not your words, so it is worth a few minutes of your time to tap until you feel more room, more time, more love and of course, more money.

Below you will find **EFT Setup Phrases** followed by two rounds (one negative and one positive) for this topic, ***Not Enough***.

### **EFT SETUP PHRASES:**

The **EFT SETUP Phrases** for this topic are as follows:

While tapping the ***karate chop spot*** on either hand, repeat these phrases out loud, (or change the words to fit your exact situation).

***"Even though there has never been enough for me, I deeply and completely love and accept myself anyway."***

***"Even though I'm convinced there won't ever be enough for me, I choose to consider changing this belief."***

***"Even though I'm attached to the belief that there's never going to be enough for me, I have decided to choose another possibility."***

I have indicated where to tap while saying each of the phrases below. You may repeat this round more than once if you wish.

**\*\*\*Now, for the phrases that focus on the problem\*\*\***

**Eyebrow:** *"There was never enough for me, so why would that change?"*

**Side of Eye:** *"I feel resentful because they have it all."*

**Under Eye:** *"It will probably always be this way."*

**Nose:** *"There isn't enough for me."*

**Chin:** *"Where can I get more?"*

**Collarbone:** *"I'm sure there will never be enough."*

**Under Arm:** *"I'm so tired of feeling lack and scarcity."*

**Head:** *"I don't know how to change this."*

**\*\*\*Now for the positive focus on the solution\*\*\***

**Eyebrow:** *"I choose to accept myself even though there's not enough for me."*

**Side of Eye:** *"I prefer to feel satisfied with what I have now."*

**Under Eye:** *"There is enough now and will be enough later."*

**Nose:** *"What if there is enough and I am enough?"*

**Chin:** *"I love feeling that expansive feeling of plenty."*

**Collarbone:** *"I appreciate the avalanches of abundance in my life."*

**Under Arm:** *"I am thrilled to know there is already enough for me."*

**Head:** *"I love feeling satisfied and full of gratitude for the overflowing resources in my life."*

## **RECOMMENDATIONS AND TIPS:**

In the last topic I recommended that you follow the positive round with a round of alternating statements, or what I call the **"Yes/No" process**. I recommend you do it again. This stirs up your emotional patterns and gives you a chance to **say no** and not feel controlled. Skip the karate chop point and **start at the eyebrow point** again. Tap through all of these statements at least once. There is one for each point from the eyebrow point to the top of the head.

*"There isn't enough..."*

*"Yes there is..."*

*"No there isn't..."*

*"Yes, there is plenty..."*

*"I don't want to get my hopes up..."*

*"What if there has always been enough?"*

*"What if I have always been enough?"*

*"I love knowing there will always be enough for me."*

## Another Recommendation...

Use the above tapping exercise while looking in the mirror. You may feel surprised by what new feelings come up, but try it and note your feelings.

Another of my favorite **Abundance Games** is what I now call the **"Are You Sitting Down?" Game**. I "pretend" to leave a message on my close friend's answering machine that begins, *"Hi, it's me, are you sitting down?"* Then I have a good time exaggerating whatever abundance story I am intending to manifest in my life. For example, it might sound something like this: "Hi Lisa, it's me. Are you sitting down? You won't believe what happened. I was about to walk out the door when I got a call from the CEO of that huge corporation I told you about. He wants to hire me to be their in-house stress management counselor for an unbelievable amount of money! He only wants me to come one day a week, so I don't have to give up the radio show or my regular clients. Perks include a car service to and from the company, lunch in the corporate dining room, a year-end bonus, and other extras. The one-day fee will be more than I usually make in a week! Call me back as soon as you can. Bye."

Variations of this game is listed in my e-book, "[Attracting Abundance with EFT.](#)"

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If you liked this exercise, you can get more support here:

### [The Vibration of Abundance](#)

12 Audio CD Set

Enjoy attracting abundance by listening and tapping along with this exciting set of audio CDs

- 13 hours of audio materials (6 CDs covering *Law of Attraction* and **EFT** exercises and 6 CDs with "live" sessions) to:
- Help you identify and release all the remaining emotional barriers to creating an abundant life.
- Enjoy moving from a vibration of scarcity to prosperity consciousness by raising your vibration of abundance.

<http://www.attractingabundance.com/vibe12.html>

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### 3: What If?

The thought that we could make our wildest dreams actually come true is exhilarating for some, threatening for others. Most of the time, we don't allow ourselves to have really big or special dreams. Millions of us dreamers were told "*don't get your hopes up; you'll only be disappointed.*"

But just suppose, for a moment, that not only could you get your hopes up, but that you should indeed get your hopes up because this will in fact increase the chances of your dreams coming true. Hmm...**What if...**

So the topic of this is **WHAT IF...**

*What if it is good to daydream?*

*What if being happy is good for all of us?*

*What if it is right to feel hopeful?*

*What if feeling grateful is healthy?*

*What if counting your blessings is brilliant?*

*What if it is better to feel expectant?*

What if those well-meaning teachers and parents and coaches had their hopes dashed so many times that they were just trying to protect us, but they taught us the wrong lessons?

I have used the *What If* tapping sequences for some of my clients who have been diagnosed with serious illnesses. It feels like too big of a leap for them to say "I choose to feel healthy" or "I deeply and completely accept my body anyway" so they play with the words of **EFT** statements and entertain certain scenarios that, if possible, would be miraculous. This way, there is no internal fight or resistance. It's simply a fun *What If* statement. If you are willing, try this experiment for a few weeks, and see what shifts in your energy system or thought process.

Below you will find **EFT Setup Phrases** followed by two rounds (one negative and one positive) for this topic, **What If**.

**EFT SETUP PHRASES:**

The **EFT SETUP Phrases** for this topic are as follows:

While tapping the **karate chop spot** on either hand, repeat these phrases out loud, (or change the words to fit your exact situation).

***"Even though there has never been enough for me, I deeply and completely love and accept myself anyway."***

***"Even though I was taught to have small goals, I choose to accept all of my dreams now."***

***"Even though they told me not to reach too high, I choose to believe in miracles."***

***"Even though I'm afraid to expect success, what if I get my hopes dashed, I have decided to try an experiment."***

I have indicated where to tap while saying each of the phrases below. You may repeat this round more than once if you wish.

**\*\*\*Now, for the phrases that focus on the problem\*\*\***

**Eyebrow:** *"I'm afraid to get my hopes up."*

**Side of Eye:** *"What if they taught me the wrong lesson?"*

**Under Eye:** *"I'm afraid to reach for my goals."*

**Nose:** *"They said I shouldn't have high hopes."*

**Chin:** *"What if my dreams could come true?"*

**Collarbone:** *"What if they are already on their way?"*

**Under Arm:** *"I'm afraid to get my hopes up again."*

**Head:** *"I'm afraid to try something new."*

**\*\*\*Now for the positive focus on the solution\*\*\***

**Eyebrow:** *"I choose to accept myself and look forward to my dreams."*

**Side of Eye:** *"I love expecting my dreams to come true!"*

**Under Eye:** *"What if there is plenty for all of us?"*

**Nose:** *"What if there is enough and I am enough?"*

**Chin:** *"What if feeling good is good for me?"*

**Collarbone:** *"What if feeling happy will help my dreams to come true?"*

**Under Arm:** *"What if my dreams are about to be fulfilled?"*

**Head:** *"I love feeling grateful for my dreams."*

I recommend using this round again, and notice if any "yes, buts" surface. Then make those the topic of your next tapping session. Also, make up your own **What if...** statements and see how you feel.

### **RECOMMENDATIONS AND TIPS:**

I recommend that you tap using positive statements only, such as "*I love feeling good,*" or "*I choose to feel confident,*" or "*I know my dreams are on their way to me.*" I am recommending this for two reasons: (1) It will make you focus on the good things in your life and actually direct your energy towards the emotions in your tapping statements, and (2) It will make the "Yes, but" objections you have collected over time surface so you can tap on them. This may surprise you, but when you find your mind fighting this, use it as feedback for tapping targets.

While this recommendation is surprisingly simple, (no need for an *Even though statement*) many people find themselves resistant to it. This of course is good feedback as well. Why wouldn't you focus on your dreams coming true?

### **Easy Tip:**

My tip is to use your non-dominant hand for tapping for a few weeks. I am right handed, and 99 % of the time I use my right fingers to tap. While it feels awkward to use my left hand, I believe it is good to "shake things up" and use different brain circuitry involved in different levels of coordination. It takes more effort, which is good!

### **Another Recommendation...**

Many of you sent me wonderful emails about your responses to the **"Are You Sitting Down" Abundance Game**. So I thought I would repeat this suggestion. Here is my original recommendation from the last topic:

Another of my favorite **Abundance Games** is what I now call the **"Are You Sitting Down?" Game**. I "pretend" to leave a message on my close friend's answering machine that begins, "Hi, it's me, are you sitting down?" Then I have a good time exaggerating whatever abundance story I am intending to manifest in my life. For example, it might sound something like this: "Hi Lisa, it's me. Are you sitting down? You won't believe what happened. I was about to walk out the door when I got a call from the CEO of that huge corporation I told you about. He wants to hire me to be their in-house stress management counselor for an unbelievable amount of money! He only wants me to come one day a week, so I don't have to give up the radio show or my

regular clients. Perks include a car service to and from the company, lunch in the corporate dining room, a year-end bonus, and other extras. The one day fee will be more than I usually make in a week! Call me back as soon as you can. Bye."

\*\*\*\*\*

If you liked this exercise, you may appreciate my DVDs:

**Success & Abundance with EFT & the Law of Attraction DVD Set**

4 DVD Set of Attracting Abundance

Tap along with this workshop gathering as if you attended the workshop in person! Clear your limiting beliefs and blocks to success and abundance in all areas of your life.

- Clear *Limiting Beliefs* keeping you from your goals
- Open up to the *Law of Attraction*
- Tap with directed wording
- Follow along as Carol guides you to build your prosperity consciousness
- And more...

**<http://www.attractingabundance.com/successdvds.html>**

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## 4: But I Don't *Feel* Wealthy

This is a very important topic for those of you who feel as if you are still struggling with financial concerns. There is a bit of a "catch" to attracting abundance when you are in fact truly poor in your bank account. As frustrating as it sounds, ***you can't get wealthy if you feel poor***. I know, it's very challenging, but you have to find a way to ***FEEL*** wealthy! So how do you do it if you aren't flush with money or if the bills seem exceedingly high?

You move your attention to other subjects where you can conjure up the ***feeling of prosperity***. So, let's say you are financially poor; there is no disputing this fact. You must find an area in your life where you can genuinely point to abundance. Then you must focus on it, and then really get into the feeling of it. This will change your vibration to ***feeling wealthy***. Once you feel wealthy, you can start attracting the wealth (of money, friends, opportunities) that you want in your life.

So here are the steps:

- (1) Choose a subject/area of your life, where you feel wealthy and abundant now (friends, books, your stamp collection...).
- (2) Talk about it, write about it, think about it...
- (3) Notice the change in your vibration.
- (4) Keep your focus here, (not on the shrinking funds).
- (5) Really ***FEEL*** this vibration of enough, plenty, abundance...

Do this every day.

Below you will find **EFT Setup Phrases** followed by two rounds (one negative and one positive) for **But I Don't *Feel* Wealthy**.

### **EFT SETUP PHRASES:**

The **EFT SETUP Phrases** for this topic are as follows:

While tapping the ***karate chop spot*** on either hand, repeat these phrases out loud, (or change the words to fit your exact situation).

***"Even though I don't feel wealthy in any area of my life, I deeply and completely accept myself anyway."***

***"Even though I'm afraid I will never be or feel wealthy, I choose to feel rich enough right now."***

***"Even though I feel poor and don't expect it to change, I choose to notice the amazing abundance and prosperity in my life."***

I have indicated where to tap while saying each of the phrases below. You may repeat this round more than once if you wish.

**\*\*\*Now, for the phrases that focus on the problem\*\*\***

**Eyebrow:** *"As usual, I feel very poor."*

**Side of Eye:** *"I don't have enough of what I want."*

**Under Eye:** *"I'm afraid I won't ever be wealthy."*

**Nose:** *"I don't know how to get wealthy."*

**Chin:** *"What if nothing changes?"*

**Collarbone:** *"I don't know how to feel or be rich."*

**Under Arm:** *"I don't know how others do it!"*

**Head:** *"I feel desperate about my finances!"*

**\*\*\*Now for the positive focus on the solution\*\*\***

**Eyebrow:** *"I love knowing we are all meant to be abundant."*

**Side of Eye:** *"I know there are many areas in my life full of joy and prosperity."*

**Under Eye:** *"I appreciate the abundance I already have in certain areas of my life."*

**Nose:** *"I choose to believe we are all worthy of abundance."*

**Chin:** *"I enjoy recognizing the prosperity in my life."*

**Collarbone:** *"I choose to see all the opulence around me."*

**Under Arm:** *"I am grateful for all the abundance and love in my life."*

**Head:** *"I love knowing that receiving abundance is good for me, for you and for all of us."*

Then tap on the following phrases (repeated from the last topic) as you complete one more round:

*I love knowing we all deserve abundance...*

*I choose to believe in the guidance I am receiving...*

*I appreciate the prosperity in my life...*

*I love appreciating my friends...*

*I'm grateful for all the new opportunities for abundance...*

*I feel free to appreciate my life...*

*I appreciate exactly who I am...*

*I am so grateful for my newfound belief in prosperity.*

## RECOMMENDATIONS AND TIPS:

### Recommendation:

I am including an **Abundance Game** that can help you tune into any blocks you have so you can tap them away and allow more abundance.

**CASH COMFORT:** Here is a fun game to try: Write out a check made payable to yourself for \$10,000 dollars. Notice what feelings you have about it, what doubts you feel about whether depositing this amount in your account is possible or not. Tap on any feelings you have while holding this check in your hand. Then move up in dollar amounts... Write the next check out for \$25,000, then \$50,000, then \$100,000, then \$1,000,000, all the while tapping on the anxious feelings you have about *receiving* this amount of money.

If you feel as if you do not **deserve** the money, you have identified a clear block that you need to neutralize before any more money is going to materialize in your life. Use tapping phrases such as *"Even though I still don't feel deserving..."*

Remember what the metaphysical texts say about consciousness: ***You will attract into your exterior life what you are vibrating in your internal consciousness.*** If you see yourself as someone who never makes more than \$50,000 dollars a year, that's what will manifest in your life.

Pay close attention to the feelings that surface while you are writing out these checks. (Some of you will need to start with smaller amounts such as \$500 or \$1,000.) The point is to get so relaxed while holding these large checks made payable to you that you loosen any resistance you have about ***accepting financial abundance.***

### Tip:

**Let's Pretend:** This tip falls into the category of "so simple" that people tend to dismiss it. This works nicely with the above suggestions for how to ***feel wealthy*** even when you're not. Pretend you have one of those wonderful "things" you want in your life. Let's say it's a new house or apartment. Imagine that you have this new home now, but ignore how you got the money or how you bought the house. What you need to focus on is the feeling you get because you are acting as if you already have it. (Of course you can do this exercise around the issue of your health or a partner as well!)

So **FEEL** what it feels like to be living in this wonderful house. When the **yes, buts** intrude, ignore them and go back to feeling the joy of being in this fabulous home. Some of you may want to start smaller, with having a new outfit, with being out of debt, or with enjoying your new car. Whichever you choose, remember, focus on the **feeling of having it** and enjoying it, not how you are going to get it. I believe that is one of the biggest mistakes people make: *focusing on how they are going to travel rather than the glorious feeling of having arrived.*

\*\*\*\*\*

If you liked this exercise, you can read about many more in:

### **Attracting Abundance with EFT**

Available in paperback and e-book with audio recordings

If you are tired of not having enough money, time, love or success, then this is the book for you! In an easy to follow style, this book combines:

- the simplicity of EFT
- the fun of Abundance Games
- the power of the Law of Attraction
- tips to help you magnetize success

**<http://www.attractingabundance.com/book.html#ebook>**

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## 5: When Pain Gets in the Way

In my opinion, nothing is more distracting than physical pains or ailments. It is almost impossible to focus on **abundance** when your back is throbbing or you are struggling with a migraine. This makes some of the suggestions I have been giving --- making gratitude lists and focusing on the positive aspects of your life --- quite challenging. So I thought we could all tap on the aches and pains, and see if that helps us get some relief so we can pay more attention to the **gratitude**. When we are focused on gratitude, we turn on and become little magnets and **attract** what we want into our lives.

What most of you know is that our emotional conflicts are showing up in our bodies anyway, so tapping on your feelings of anger, hurt, and guilt will help (I have seen this time and time again) the physical sore spots, leaving more room to **attract abundance**.

### In the last topic I wrote:

"Remember that **all** of our feelings are influencing our energy system and our vibration. The **cleaner** our energy system is, the higher our vibration. The higher our vibration, the faster we **attract** what we want into our lives, whether it is money, love, or good health. The Universal **Law of Attraction** mirrors our energetic vibration. If we are grateful, appreciative, and optimistic, the doors to what we want in our lives will open rapidly. I didn't used to believe this *theory* until I tried a few experiments---the results were undeniable!"

So identify a distracting ache or pain (this can be an **emotional ache or pain** for those of you who don't have any physical ailments) and start tapping as indicated below. Once cleared, the path is open for magnetizing your desires.

Below you will find **EFT Setup Phrases** followed by two rounds (one negative and one positive) for this topic, **When Pain Gets in the Way**.

### EFT SETUP PHRASES:

The **EFT SETUP Phrases** for this topic are as follows:

While tapping the **karate chop spot** on either hand, repeat these phrases out loud, (or change the words to fit your exact situation).

***"Even though my pain is in the way of attracting abundance, I choose to feel grateful anyway."***

***"Even though I'm afraid I can't focus on abundance when I am in such pain, I accept and love my whole body."***

***"Even though I feel distracted by the problems in my body, and don't feel I deserve success anyway, I have decided to appreciate all of me now"***

I have indicated where to tap while saying each of the phrases below. You may repeat this round more than once if you wish.

**\*\*\*Now, for the phrases that focus on the problem\*\*\***

**Eyebrow:** *"The pain has my attention now."*

**Side of Eye:** *"I resent the aches and pains in my body."*

**Under Eye:** *"I don't know why my body feels this way."*

**Nose:** *"My body is trying to communicate with me."*

**Chin:** *"It's hard to concentrate on success and abundance."*

**Collarbone:** *"I have all these feelings in my body."*

**Under Arm:** *"There is scarcity in my body."*

**Head:** *"I have these pains in my body and don't feel successful."*

**\*\*\*Now for the positive focus on the solution\*\*\***

**Eyebrow:** *"I now realize how much abundance is in my life."*

**Side of Eye:** *"There are parts of my body that still feel good."*

**Under Eye:** *"I appreciate many parts of my body and all of my feelings."*

**Nose:** *"I know we are all worthy of abundance."*

**Chin:** *"I am releasing these aches and pains."*

**Collarbone:** *"I choose to feel grateful for my body and how much it has done for me."*

**Under Arm:** *"I am so grateful for the opportunities to attract abundance in my life."*

**Head:** *"I love knowing that I can choose to be free and abundant right now."*

Then tap on the following phrases as you complete one more round:

*I love knowing we all deserve abundance...*

*I choose to believe in the guidance I am receiving...*

*I appreciate the prosperity in my life...*

*I love appreciating my body, my friends, my opportunities...*

*I'm grateful for all the new opportunities for abundance...  
 I feel free to appreciate my life...  
 I appreciate exactly who I am...  
 I appreciate my whole body...  
 I am so grateful for all the prosperity in my life.*

## **RECOMMENDATIONS AND TIPS:**

### **RECOMMENDATIONS**

#### **BLESSINGS:**

I am recommending that you **BLESS everything**. Even if this sounds corny at first, I highly recommend it as a daily exercise. It takes virtually no time since you build it into your regular day.

Every time you pick up a pencil, open the computer, drink a glass of water, **bless it**. So instead of just saying "**Bless you**" when someone sneezes, say "**Bless you**" to every person and every object in your path. This does not have to be out loud. **But the intention does have to be genuine.**

For those of you who feel uncomfortable blessing inanimate objects or strangers, go back to the **THANK YOU GAME** from last week. It might be easier for you, and activates the same energy.

#### **THE THANK YOU GAME:**

**THE THANK YOU GAME:** Simple, yet incredibly effective, the **Thank You Game** will raise your vibration in a matter of seconds. All you have to do is list what you appreciate either out loud or on paper, by starting your sentences with:

**Thank You Universe** (or Higher Power, God, Inner Being, Spirit, Higher Self)

First list things that you are already enjoying, then list things you hope to attract into your life. For example:

**Thank You, Universe for my lovely apartment.**  
**Thank You, Universe for all my caring, loving friends.**  
**Thank You, Universe for my excellent health.**

followed by: **Thank you, Universe for bringing me the professional opportunities that are perfect for me.**

***Thank you, Universe for bringing me such a wonderful resolution to the conflict at work.***

***Thank you, Universe for bringing me avalanches of financial abundance.***

There is no limit to how long your list could be. Try listing your ***Thank You*** out loud as well as in written word to figure out your preference.

Again, this "game" is both deceptively simple and wonderfully rewarding. It is one of my favorites.

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If you found this helpful, you can find much more support in:

### **Pain Relief with EFT**

An empowering, comprehensive coaching program designed to bring you relief in your body and mind by: raising your vibration, showing you how to master your focus, and exercising your self-healing ability using **EFT**.

- Instant access to 31 audio files to help you feel **relief from painful emotional states**
- Instant access to dozens of guided **EFT** tapping rounds to **clear limiting beliefs** and free up more of your energy for self-healing
- Instant access to **audio coaching sessions** with Carol Look and Rick Wilkes so you know how to benefit every day from this surprisingly effective approach to physical and emotional pain relief
- Instant access to detailed **EFT tapping scripts**

**<http://www.attractingabundance.com/painrelief.html>**

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## 6: An Attitude of Prosperity...

Why is this focus on your attitude even important? Because ***our attitudes are filled with energy and vibrations***, and we communicate with the Universe through our vibrations. When our attitude is one of abundance and plenty, our lives seem to reflect prosperity. When we have an attitude of ***there isn't enough***, conditions that match this vibration continue to show up for us!

When you think of the ***concept*** of changing your attitude, it doesn't seem all that daunting until you try putting it into practice. If your attitude is one of scarcity or poverty, and you have practiced this attitude for a long time, it might feel challenging to try and start noticing prosperity instead. With intention and practice, however, you will be able to change your attitude, and produce remarkable results in a short amount of time.

When you catch yourself feeling the vibration of scarcity, start focusing on the abundance of leaves on the trees in your backyard or park, how many wonderful friends you have, the abundance in nature or the wealth of information available to you right now. This will refocus your vibration and get your energy moving in the right direction immediately.

***Set an intention to notice prosperity***, and your life will reflect abundance and wealth back to you in surprisingly simple, quick, and delightful ways.

Below you will find **EFT Setup Phrases** followed by two rounds (one negative and one positive) for this topic, ***An Attitude of Prosperity...***

### **EFT SETUP PHRASES:**

The **EFT SETUP Phrases** for this topic are as follows:

While tapping the ***karate chop spot*** on either hand, repeat these phrases out loud, (or change the words to fit your exact situation).

***"Even though I know my attitude hasn't been about prosperity, I accept myself and how I feel anyway."***

***"Even though I don't want to work hard to change my attitude, I accept who I am and how I feel right now."***

***"Even though I don't feel very prosperous right now, I choose to feel calm and relaxed about my situation."***

I have indicated where to tap while saying each of the phrases below. You may repeat this round more than once if you wish.

**\*\*\*Now, for the phrases that focus on the problem\*\*\***

**Eyebrow:** *"I don't feel very prosperous."*

**Side of Eye:** *"I have an uptight attitude."*

**Under Eye:** *"I don't feel very abundant right now."*

**Nose:** *"I don't know how to change my attitude."*

**Chin:** *"I wish I could notice prosperity in my life right now."*

**Collarbone:** *"I don't see anything but lack in my life."*

**Under Arm:** *"I don't want to shift my attitude."*

**Head:** *"I think my negative attitude is reflected in my life."*

**\*\*\*Now for the positive focus on the solution\*\*\***

**Eyebrow:** *"I choose to feel relaxed about prosperity."*

**Side of Eye:** *"I want to feel joyful about the abundance in my life."*

**Under Eye:** *"I intend to notice prosperity all around me."*

**Nose:** *"I appreciate all the prosperity in my life."*

**Chin:** *"I love enjoying abundance and wealth."*

**Collarbone:** *"I appreciate the Universe for bringing me so much prosperity."*

**Under Arm:** *"I am ready to enjoy wealth and abundance."*

**Head:** *"I appreciate all the abundance I am noticing."*

**Then tap on the following phrases as you complete one more round:**

*I love knowing we all deserve abundance...*

*I choose to believe in the guidance I am receiving...*

*I appreciate the prosperity in my life...*

*I love appreciating my body, my friends, my opportunities...*

*I'm grateful for all the new opportunities for abundance...*

*I appreciate exactly who I am...*

*I appreciate all the lessons I have learned...*

*I am so grateful for all the prosperity in my life.*

## **RECOMMENDATIONS AND TIPS:**

I highly recommend the ***Past Tense Tapping*** I described in an article for Gary Craig's newsletter as an easy variation that will shift your energy and your attitude around your conflicts.

**Past Tense Tapping:** After you have completed 2-3 rounds on whatever issue you have chosen, do one final round in the ***past tense***, feeling what it would feel like ***IF*** you had completely resolved the problem (even if you haven't yet). Communicating to yourself this way is very effective. Really ***FEEL*** the relief you feel ***now that your conflict is in the past.***

**Eyebrow:** *"I am so grateful I got over this problem..."*

**Side of Eye:** *"I'm so relieved this is over..."*

**Under Eye:** *"I am so happy I am free of this conflict..."*

**Under Nose:** *"It's about time I got over that!"*

**Chin:** *"Finally, it is in my past where it belongs..."*

**Collarbone:** *"At last, relief and peace on this issue..."*

**Under Arm:** *"I so appreciate all the progress I have made..."*

**Top of Head:** *"Finally, I feel peace from that problem..."*

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If you liked this exercise, you may enjoy more tapping support here:

### **[The Vibration of Abundance](#)**

12 Audio CD Set

Enjoy attracting abundance by listening and tapping along with this exciting set of audio CDs:

- 13 hours of audio materials (6 CDs covering *Law of Attraction* and **EFT** exercises and 6 CDs with "live" sessions) to:
- Help you identify and release all the remaining emotional barriers to creating an abundant life!
- Enjoy moving from a vibration of scarcity to prosperity consciousness by raising your vibration of abundance.

**<http://www.attractingabundance.com/vibe12.html>**

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## 7: Reach For Relief Right Now...

By now you know I follow the abundance teachers who believe that our power is in our current, present moment -- the **"now."** I have practiced, made mistakes, changed course, and landed on my feet. And wow...paying attention to your **"now"** is indeed astonishingly powerful. And if the truth be told, I had to back off more than once and expand my comfort zones first with **EFT** so I could handle all the good fortune that has been coming into my life!

One of my favorite and by far the most simple techniques that offers results is **reaching for relief** in your thoughts and feelings. Suppose you feel blue, down or sad. I'm not asking you to ignore these feelings, in fact, I would ask you to focus on them long enough to let **EFT** work...but another option is to acknowledge these feelings, and then **reach for relief** by focusing on some other thought or feeling, no matter how small, that shifts your **vibration** in the direction of joy. It doesn't have to be dramatic or a big deal, just enough to cause a subtle shift in your energy. I know you can detect those shifts.

Right now, think of someone who's mad at you, or someone you resent, and feel the energy in your body and mind. Now, deliberately focus on someone adorable, funny, appreciative or kind who always makes you feel good when you are in their presence... **notice the shift in your energy**. That's all I'm recommending. Nothing huge, nothing too challenging, but something simple, small and doable, because if you're anything like me, if it's not doable, you won't do it!!

### **EFT SETUP PHRASES:**

The **EFT SETUP Phrases** for this topic are as follows:

While tapping the **karate chop spot** on either hand, repeat these phrases out loud, (or change the words to fit your exact situation).

***"Even though I feel terrible right now, I can imagine feeling better soon."***

***"Even though I don't feel well or happy now, I know I can think of a more appreciative thought right now."***

***"Even though I'm feeling frustrated, low and impatient, I deeply and profoundly love and accept who I am and how I feel anyway."***

I have indicated where to tap while saying each of the phrases below. You may repeat the positive round more than once if you wish.

**\*\*\*Now for the phrases that focus on the problem\*\*\***

***Eyebrow:*** "I want to feel better."

***Side of Eye:*** "I choose to feel some relief."

***Under Eye:*** "I wish I could choose a better thought."

***Nose:*** "I feel terrible and want to change."

***Chin:*** "I feel terrible, but what if I thought of something new?"

***Collarbone:*** "I'm tired of feeling agitated and anxious."

***Under Arm:*** "I feel upset and it hasn't changed yet."

***Head:*** "I feel irritated and can't get over it."

**\*\*\*Now for the positive focus on the solution\*\*\***

***Eyebrow:*** "What if I could decide to feel better?"

***Side of Eye:*** "I want to feel better right now."

***Under Eye:*** "What if I choose a better feeling?"

***Nose:*** "I can choose a new feeling of joy right now."

***Chin:*** "I want to feel relief right now."

***Collarbone:*** "I have decided to feel relief no matter what."

***Under Arm:*** "There are lots of thoughts that bring me relief."

***Head:*** "I choose a better thought that brings me a wonderful feeling of relief."

**Then tap on the following phrases as you complete one more round:**

***Eyebrow:*** I love knowing we all deserve abundance...

***Side of Eye:*** I choose to tune into the guidance I am receiving...

***Under Eye:*** I appreciate the prosperity in my life...

***Nose:*** I love appreciating myself, my friends, my opportunities...

***Chin:*** I'm grateful for all the new channels for abundance...

***Collarbone:*** I appreciate exactly who I am...

***Under Arm:*** I appreciate all the lessons I have learned...

***Head:*** I am so grateful for all the prosperity in my life.

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If you liked this exercise, you might enjoy my success DVDs:

**Success & Abundance with EFT & the Law of Attraction DVD Set**

4 DVD Set of Attracting Abundance

Tap along with this workshop gathering as if you attended the workshop in person and clear your limiting beliefs and blocks to success and abundance in all areas of your life.

- Clear *Limiting Beliefs* keeping you from your goals
- Open up to the *Law of Attraction*
- Tap with directed wording
- Follow along as Carol guides you to build your prosperity consciousness
- And more...

**<http://www.attractingabundance.com/successdvds.html>**

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## 8: Feeling Clear...

Feeling and being clear are essential ingredients of the "recipe" if you want the *Universe* to deliver your desires to you. Imagine sitting in a restaurant and never getting quite clear on what you want to order for dinner. How could the waiter ever bring you something satisfying if you haven't been clear?

If you aren't completely certain about what you want to manifest into your life, you now have the perfect tool to release the emotional conflicts or barriers to your dreams: **EFT**. With **EFT** you will discover why your life's vision isn't crystal clear and how to brighten and sharpen your images so your "outgoing message" is unmistakable. Remember, if you have a lot of static on your "station" you just won't be broadcasting congruent signals.

Ask yourself the following questions as a way to get to the bottom of your uncertainty or lack of clarity:

- \* ***What's the "downside" of being clear?***
- \* ***If I actually get what I want, what am I afraid of?***
- \* ***How does it serve me to stay unfocused?***
- \* ***Is there an "upside" to remaining unclear?***
- \* ***Am I hiding behind something?***
- \* ***Do I believe/expect I will get what I want?***

The answers to all of these questions are "tappable issues" as we say in the **EFT** community. In other words, it doesn't matter where you are on your path, you can always use **EFT** to clear any negative or conflicting energy so your channels for attracting success and abundance are open and ready.

### **EFT SETUP PHRASES:**

The **EFT SETUP Phrases** for this topic are as follows:

While tapping the **karate chop spot** on either hand, repeat these phrases out loud, (or change the words to fit your exact situation).

***"Even though I haven't been clear about what I want, I choose to change my vibration right now."***

***"Even though I have been afraid to feel clear, I want to feel more definite and strong about what I want in my life."***

***"Even though being clear doesn't feel normal to me, I deeply and profoundly love and accept who I am and how I feel anyway."***

I have indicated where to tap while saying each of the phrases below. You may repeat the positive round more than once if you wish.

***\*\*\*Now for the phrases that focus on the problem\*\*\****

***Eyebrow:*** "I've been feeling unclear about my desires."

***Side of Eye:*** "I don't know how to feel clear yet."

***Under Eye:*** "I suspect I am afraid of clarity."

***Nose:*** "A part of me is afraid of my own power."

***Chin:*** "I know how strong I can be when I'm truly clear."

***Collarbone:*** "I am aware of what I don't want."

***Under Arm:*** "I'm ready to admit what I do want."

***Head:*** "I haven't been willing to be clear, strong and definite."

***\*\*\*Now for the positive focus on the solution\*\*\****

***Eyebrow:*** "What if I decided to be clear starting now?"

***Side of Eye:*** "I choose to feel and be clear about my desires."

***Under Eye:*** "I want to communicate clarity to the Universe."

***Nose:*** "I feel clear about wanting more abundance!"

***Chin:*** "I've been afraid to change."

***Collarbone:*** "But now I feel ready for clarity."

***Under Arm:*** "I love receiving what I want."

***Head:*** "I choose to feel passionate and to allow abundance into my life."

**Then tap on the following phrases as you complete one more round:**

***Eyebrow:*** I love knowing we all deserve abundance...

***Side of Eye:*** I choose to tune into the guidance I am receiving...

***Under Eye:*** I appreciate the prosperity in my life...

***Nose:*** I love appreciating myself, my friends, my opportunities...

***Chin:*** I'm grateful for all the new channels for abundance...

***Collarbone:*** I appreciate exactly who I am...

***Under Arm:*** I appreciate all the lessons I have learned...

***Head:*** I am so grateful for all the prosperity in my life.

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If you want clarity in your business, this new program can help:

**BUSINESS ABUNDANCE NOW - 15 Keys for Bringing Energy Psychology and the Law of Attraction to Your Bottom Line.**

**Enjoy 18 audio CDs to help you attract abundance to your business!**

- **9 audio CDs detailing the 15 "KEYS"** to making your business much more successful using the **Law of Attraction** and **EFT/meridian tapping**. Carol leads you through this part of the program to help you put these special keys into practice in your business.
- **9 audio CDs recording "live" sessions** with business owners and entrepreneurs who want to move through their energetic blocks and limiting beliefs. Discover your own issues and blocks as you listen to and tap along with these "live" sessions.
- **A 93 page downloadable "Study Guide"** (PDF) to help you work through this extensive audio program.
- **The entire audio CD program in downloadable MP3 format**, available immediately!

**<http://www.attractingabundance.com/banp.html>**

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## 9: Giving Thanks for Your Future...

Giving thanks for your future is an exceptional process for speeding up your manifestations, and super simple to use by itself as well as with **EFT**.

First, **identify what you want your future to look like** in several different areas. In other words, "paint the picture" in your mind and feel the emotions of having received what you want. Choose a few areas in your life, maybe what your new beautiful home will look like, or what it might feel like to have the exact schedule you want in your career, how it will feel and what it will look like to have financial abundance in your life...

**Then write a list of what you "have" in the present tense.** Below are some examples:

*I am living in the perfect home for our family, I wouldn't change a thing.*

*I finally have the perfect schedule in my work life.*

*I love feeling and being so financially abundant.*

*I love having so much time to relax and enjoy my life.*

*I am with the perfect mate for me.*

*My body feels strong and healthy.*

*I am finally at my ideal weight and it was so easy getting here.*

**Then take the above sentences and make them into your "Thank You Universe" list** by adding the phrase **"Thank you Universe for bringing me..."** and start tapping! (Many of you already know this "abundance game" from my [\*\*\*Attracting Abundance with EFT\*\*\*](#) book.) Those of you who are willing to try this for a few days or weeks will be amazed at how quickly you notice good fortune, positive "coincidences" and serendipity in your life.

Your list that you will use for tapping might sound like this:

***Thank you Universe for bringing me the perfect home that meets my family's needs...***

***Thank you Universe for bringing me the perfect work schedule that allows me extra leisure time for relaxation...***

***Thank you Universe for bringing me simple ways to reach and maintain my ideal body weight...***

Then tap on the designated **EFT points** while you say your list out loud!

Why is this technique so effective? Because we are combining two profound, yet simple tools, both of which have given me and my workshop students and clients astounding results in all areas of success and abundance. ***Giving thanks for your future is incredibly effective by itself, as is EFT.*** Combining the two techniques will speed everything up for you! While tapping when you are giving thanks for your future, you release all the blocks, "yes, buts" and negativity in your way, and allow your energy system (your vibration) to be open and ready to receive what you have been asking for.

***Gratitude is the best medicine for a life of lack,  
and EFT is the most efficient tool to speed up  
your journey so you land where you want to be.***

Try the **EFT** setup phrases below to get you started...and then play around with the **"Thank you Universe"** sentences until you come up with ones that fit your life...and **give thanks for your future!**

### **EFT SETUP PHRASES:**

The **EFT SETUP Phrases** for this topic are as follows:

While tapping the **karate chop spot** on either hand, repeat these phrases out loud, (or change the words to fit your exact situation).

***"Even though I don't have what I want yet, I deeply and completely accept who I am and how I feel."***

***"Even though I feel impatient because I'm not there yet, I deeply and completely love and accept myself anyway."***

***"Even though I don't have what I want yet, I choose to give thanks as if it's already here."***

I have indicated where to tap while saying each of the phrases below. You may repeat the positive round more than once if you wish.

***\*\*\*Now for the phrases that focus on the problem\*\*\****

**Eyebrow:** "I don't have what I want yet."

**Side of Eye:** "But I'm doing everything right..."

**Under Eye:** "I want it right now."

**Nose:** "I don't know how to speed this up."

**Chin:** "I don't have what I want yet, and I feel impatient."

**Collarbone:** "I don't know how to feel better about this."

**Under Arm:** "Maybe I'll act "as if" and give thanks already."

**Head:** "I really want what I want right now."

**\*\*\*Now for the positive focus on the solution\*\*\***

**Eyebrow:** "Thank you Universe for bringing me the perfect home for my family."

**Side of Eye:** "Thank you Universe for bringing me the perfect work schedule."

**Under Eye:** "Thank you Universe for bringing me my ideal body weight."

**Nose:** "Thank you Universe for bringing me such peace and harmony in my family."

**Chin:** "Thank you Universe for resolving that issue at work."

**Collarbone:** "Thank you Universe for clearing up that physical problem in my body."

**Under Arm:** "Thank you Universe for bringing me those ideal clients."

**Head:** "Thank you Universe for bringing me the perfect solution to my challenge at work."

\*\*\*\*\*

Hoping to attract your ideal body weight? This program can help:

**[How to Lose Weight with EFT](http://www.attractingabundance.com/lose_weight_cds.html) – 4 Audio CD Set with a BONUS CD!**

Working one by one in a group teleclass, Carol uncovers and addresses many of the emotional drivers behind addictive food cravings, destructive body images, low self-esteem and future relapses. As she demonstrates and applies **EFT** in each case, the rest of the group has the opportunity to identify with each issue and tap along with the session to reap the same rewards. As a listener, you too can tap along and clear your weight issues.

**[http://www.attractingabundance.com/lose\\_weight\\_cds.html](http://www.attractingabundance.com/lose_weight_cds.html)**

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## 10: Clearing Clutter Allows Abundance...

Have you ever noticed that the clutter in your life -- too much stuff in your office, a schedule filled with appointments you don't want, extra weight or pain in your body, or friendships and acquaintances that are no longer a vibrational match for you -- gets in the way of your ability to attract abundance? Well, you're right, it does!

If your mind is cluttered with resentful thoughts, there's no space for the **vibration of abundance**. If your life is cluttered with needy people, there's no room for joyful, uplifting relationships. If your office or home is totally cluttered with papers and junk you haven't been able to throw away, there's no room for manifestation of the abundance you have been asking for.

***What if you cleared the emotional clutter from your mind?***

***What if you let go of your outdated relationships and allowed healthy friendships into your life?***

***What if you cleared the physical clutter from both your body and your home, how much room would there be for abundance now?***

All I can say is that if you try clearing clutter from your life by tapping on the underlying emotional conflicts and needs that are keeping the unhealthy patterns in place, ***you'll notice the energetic difference right away***. Then you'll notice the material difference, then the health differences and so on. Here's the key: ***Find and eliminate the emotional reasons you are attached to clutter, and you can happily let it go and allow abundance back into your life --- where it belongs***.

Notice why you hold onto negative thoughts, stuff or relationships... notice why you can't let go... try to understand why you won't release something old and outdated. *What's the purpose of all this clutter? How has it been serving you? What's the "downside" of letting go?*

***There are so many ways to get your emotional needs met in healthy ways without collecting clutter!***

Try the **EFT** setup phrases below to help you start to clear the clutter from all parts of your life...

### **EFT SETUP PHRASES:**

The **EFT SETUP Phrases** for this topic are as follows:

While tapping the **karate chop spot** on either hand, repeat these phrases out loud, (or change the words to fit your exact situation).

***"Even though I hold onto clutter because I feel empty inside without it, I deeply and completely love and accept myself anyway."***

***"Even though I feel safer when I have a cluttered life, I am willing to release this pattern that's blocking my abundance."***

***"Even though being cluttered is a way to fill all my emotional voids, I deeply and completely love and accept myself anyway."***

I have indicated where to tap while saying each of the phrases below. You may repeat the positive round more than once if you wish.

***\*\*\*Now for the phrases that focus on the problem\*\*\****

***Eyebrow:*** "I have so much clutter in my life."

***Side of Eye:*** "I've always had this bad habit of collecting clutter."

***Under Eye:*** "I like my clutter and don't want to let go."

***Nose:*** "I would feel anxious without my stuff!"

***Chin:*** "Don't make me let go of my clutter."

***Collarbone:*** "I developed this habit over years."

***Under Arm:*** "I am afraid of feeling empty without my clutter."

***Head:*** "I'm willing to consider my safety issues around this topic."

***\*\*\*Now for the positive focus on the solution\*\*\****

***Eyebrow:*** "What if I could release my clutter and still feel good?"

***Side of Eye:*** "What if I cleared out the clutter and felt better in my life?"

***Under Eye:*** "I want to let go of the clutter and feel safe anyway."

***Nose:*** "I choose to release my emotional clutter."

***Chin:*** "I don't need all my stuff any more."

**Collarbone:** *"There could be so much room for abundance."*

**Under Arm:** *"I'm willing to start releasing the clutter in my life."*

**Head:** *"I appreciate its purpose and now I'm ready to let some of it go."*

Keep tapping, and enjoy the clarity and peace of mind that comes from these efforts!

\*\*\*\*\*

For extended help with other aspects of emotional and physical clutter:

### **Clearing Clutter with EFT**

#### **6 MP3 Audio Recordings and 148 page PDF Transcript e-book**

Whether you have clutter filling your home, office, mind or social life, you will enjoy listening to these audios and tapping along with the transcripts to clear the clutter in your life.

This incredibly detailed audio series and 148 pages of transcripts are authored by **EFT Master Carol Look** and **Emotional Freedom Coach Rick Wilkes**. They address the topic of clutter from every possible angle—emotional, physical, intellectual, and spiritual. Listening and tapping along will change the way you deal with any kind of clutter and help release the reasons you have this challenge.

- ***Cluttered mind?*** Tap away the reasons you can't stay present to your life.
- ***Cluttered home?*** Tap for trying to "fill" the void left by a feeling of lack in your life.
- ***Cluttered relationships?*** Tap with us to let go of those relationships that are no longer a vibrational match with your energy.
- ***Cluttered office?*** Delve into the deep emotional reasons you feel compelled to "hold onto" your "stuff."
- ***Cluttered life blocking your abundance?*** Tap yourself free of the clutter and allow your life to unfold the way you wish.

**<http://www.attractingabundance.com/clutter.html>**

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## Bonus Tapping: How to Make Time Fly...

If you want to make time fly between now and manifesting abundance... you need to be more patient! Yes, I know how frustrating it can be when you've done many **Law of Attraction** exercises, identified your limiting beliefs and used tapping for your blocks to success. Yet here you are, still impatiently **waiting for** the abundance to come roaring through your door... but it doesn't, or hasn't yet. *So what could you do while you wait?*

To make time "fly" while I'm waiting for the abundance to come in has indeed been a challenge for me, but I found that simple **Law of Attraction** exercises ALWAYS do the trick! Most of you reading this won't be surprised to hear that I am going to suggest and invite you to continue writing your gratitude lists and focusing on everything and anything that **raises your vibration**. Be creative, don't deny your impatience, continue with your **Law of Attraction** exercises, and of course recommit to your daily tapping.

***And most importantly, turn your impatience into focusing on eager anticipation of what's coming to you!***

Yes, I have written several newsletters on impatience, not just because of my own struggle with impatience over the years, but because I receive many "impatient" questions from people who have "done" their **Law of Attraction** exercises and **EFT/ meridian tapping**, and expected their world to change. Remember, this is an ongoing process -- a "journey" that doesn't end -- you are never "done" with practicing **raising your vibration**.

***Focusing on gratitude and appreciation will speed up the attraction process, reduce your impatience and open the door to success and abundance.***

Here is a simple plan for moving forward:

- (1) Admit your impatience (instead of pretending it's not there)***
- (2) Tap for your impatience every day***
- (3) Write endless gratitude lists about what you DO have***
- (4) Replace your impatience with eager anticipation***
- (5) Release your impatience as you expect abundance is on its way...***

If you follow this simple plan, and actually DO the steps which of course have the effect of **raising your vibration**, time **WILL** fly... and what you have written on your abundance "wish list" will start to show up.

A common response I hear through email is: "Yes, but... I've done all that... and it's not working!" Well, if it's true that you've "done all that" then you need to "do all that" again and again! **Raising your vibration** is a way of life, not just an exercise you do on a Tuesday or after attending a workshop. The Universe doesn't take sides, doesn't play favorites, and doesn't care who gets their "stuff" first. The Universe pays attention to the intensity of the **positive vibration** it "feels" or "hears" from us and then goes to work to deliver abundance accordingly.

***The Universe needs to feel and believe your excited expectancy and anticipation...***

Yes, I can still struggle with impatience and am sometimes "lazy" about doing my vibration exercises, but I KNOW they work, so when I don't do them, I re-examine reasons I might be sabotaging myself, re-examine my fears, my "yes, buts" and do more tapping.

As I said in the last section, there is GOOD NEWS! Being impatient is unbelievably common and incredibly simple to shift with **EFT/meridian tapping!** Feeling and being impatient is a wonderful "tapping target" and can be released with ease in a few short tapping rounds.

Use the **EFT** setup phrases below to handle your feelings of impatience and watch your attitude change and feel your vibration improve... **then feel inspired to raise your vibration even more!**

### **EFT SETUP PHRASES:**

The **EFT SETUP Phrases** for this topic are as follows:

While tapping the **karate chop spot** on either hand, repeat these phrases out loud, (or change the words to fit your exact situation).

***"Even though I feel so impatient with the Universe, I deeply and completely accept myself anyway."***

***"Even though I feel resentful that my abundance hasn't arrived yet, I choose to feel excited and expectant."***

***"Even though I hate feeling so impatient about receiving abundance, I accept myself and choose that thrilling feeling of anticipation."***

I have indicated where to tap while saying each of the phrases below. You may repeat the positive round more than once if you wish.

**\*\*\*Now for the phrases that focus on the problem\*\*\***

***Eyebrow:*** "I feel so incredibly impatient right now."

***Side of Eye:*** "My impatience is making me so irritated."

***Under Eye:*** "I resent how much work I've done without results."

***Nose:*** "I feel so impatient... this isn't fair."

***Chin:*** "It's working for others, why not for me?"

***Collarbone:*** "I want what I want and I want it now!"

***Under Arm:*** "I resent that my impatience is slowing down my abundance!"

***Head:*** "If only I could stop feeling so impatient..."

**\*\*\*Now for the positive focus on the solution\*\*\***

***Eyebrow:*** "What if I just acknowledged my impatience and then moved on?"

***Side of Eye:*** "What if I owned it and then changed gears..."

***Under Eye:*** "My impatience has been slowing my manifestations..."

***Nose:*** "What if I could turn impatience into excitement?"

***Chin:*** "What if I decided to feel that thrill of anticipation?"

***Collarbone:*** "I choose to believe abundance is on its way!"

***Under Arm:*** "I choose the thrill of anticipation!"

***Head:*** "I love knowing this feeling of anticipation is speeding up the process!"

Access more positive vibrations with the **Law of Attraction** by repeating the following phrases (while tapping or not) or ones that suit your situation:

***Thank You, Universe for releasing my impatience about attracting abundance into my life.***

***Thank You, Universe for guiding me on how to replace my impatience with anticipation of abundance.***

***Thank You, Universe for showing me all the abundance I DO have already in my life.***

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If you are interested in EFT/ Meridian Tapping products to help healing your body, check out:

**[A Vibrational Approach to Healing Pain and Illness](#)**

**4 DVD Set**

4 hours of advanced EFT with EFT Master Carol Look:

- Clearing Ancestral Pain
- The "DOWNSIDE" of Getting Well Again
- Releasing Conflicts Stored in Your Body
- PLUS Special 90 minute "Bonus DVD" with trauma specialist, Dr. Robert Scaer, author of "*Your Body Bears the Burden.*"

**<http://www.attractingabundance.com/paindvds.html>**

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## **Additional Resources**

### **Tap Talk Radio**

<http://www.taptalkradio.com>

### **Attracting Abundance with EFT**

<http://www.attractingabundance.com/book.html>

### **Business Abundance Now**

<http://www.attractingabundance.com/banp.html>

### **Pain Relief With EFT**

<http://www.attractingabundance.com/painrelief.html>

### **The Vibration of Abundance**

<http://www.attractingabundance.com/vibe12.html>

### **Success & Abundance with EFT & the Law of Attraction DVD Set**

<http://www.attractingabundance.com/successdvds.html>

### **Clearing Clutter with EFT**

<http://www.attractingabundance.com/clutter.html>

### **Eliminating Your Fear of Public Speaking: Finding Your Voice with EFT**

<http://www.attractingabundance.com/speaking.html>

### **A Vibrational Approach to Healing Pain and Illness**

<http://www.attractingabundance.com/paindvds.html>

### **How to Lose Weight with EFT – Audio CDs**

[http://www.attractingabundance.com/lose\\_weight\\_cds.html](http://www.attractingabundance.com/lose_weight_cds.html)

### **Improve Your Eyesight with EFT**

<http://www.attractingabundance.com/eyesight.html>

### **Healing the Cycle of Addiction**

<http://www.attractingabundance.com/addiction.html>

## About Carol

**Carol Look, EFT Master**

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Carol Look's specialty is inspiring clients to **attract abundance** into their lives by using **EFT** and the **Law of Attraction** to clear limiting beliefs, release resistance and build "prosperity consciousness." Before becoming an **EFT Master**, Carol was trained as a **Clinical Social Worker** and earned her Doctoral Degree in **Clinical Hypnotherapy**. During the last decade, Carol has been incorporating traditional trauma work with energy therapy for successful pain relief for clients open to approaching pain and illness from emotional, energetic and vibrational perspectives.

As a success and abundance coach, pioneer and leading voice in the **EFT** community, Carol is well known for her four seasons as an internet radio show host and as the author of the popular books, **Attracting Abundance with EFT** and **Improve Your Eyesight with EFT**. She has also produced several audio CD sets on attracting abundance, weight loss, clearing clutter, pain relief and fear of public speaking, as well as DVDs on the topics of attracting success and abundance and healing pain and illness. Carol appears as a practitioner and energy expert in the DVD documentary "**The Tapping Solution.**"

Carol's primary focus is teaching **EFT** (meridian tapping) workshops around the world to help others lead happy, healthy and abundant lives. She is no longer taking individual clients. Carol's extensive training products, recent newsletters, and additional links and information can be reviewed at <http://www.AttractingAbundance.com>.