



# SHIFTING YOUR LIMITING MONEY BELIEFS IN 2020

*with Donna McCallum & Emmi Mutale*



## THE HEALING PROGRAMMING

This round of EFT is used to Release your Money Blocks and tap in what you want to create. It is great to use DAILY!

**While tapping the Karate Chop spot repeat these phrases:**

“Even though I don’t know how this will happen, I intend to release all my resistance around money.”

“Even though I don’t even know what all my blocks are, I intend to come into harmony with the energy of money.”

“Even though I don’t know how I’m going to do it, I intend to come into alignment with my financial

### ROUND 1

**Acknowledge that you may not know how you’re going to do it:**

Top of Head: I don’t know how I’m going to do this

Eyebrow: I don’t know how I’m going to pull this off

Side of Eye: I don’t know how it will come about

Under Eye: I don’t even know what all my money blocks are

Under Nose: I don’t know how I’m going to release the resistance

Chin: But it’s not my job to know how

Collarbone: I just need to know what I want

Under Arm: I want to release resistance and come into alignment with my financial abundance.

### ROUND 2

**State your desire while tapping on the meridian points, say any or all of the following statements (it’s okay to repeat a statement):**

- I want to release resistance around money
- I want to come into harmony with money energy
- I want to be in a great relationship with money
- I want to be an effective allowor of money
- I want to be a money magnet
- I want to manifest money with ease



- I want to feel relaxed about money
- I want my finances to feel abundant

## ROUND 3

Allow yourself to manifest your desire while tapping on the meridian points, say any or all of the following statements (it's okay to repeat a statement):

- I allow myself to release resistance around money
- I allow myself to let go of all my money blocks
- I allow myself to be in harmony with money energy
- I allow myself to come into alignment with financial abundance
- I allow myself to receive abundant money flows
- I allow myself to easily tap into financial abundance
- I allow myself to be in great relationship with money
- I allow myself to feel confident with my financial matters

## ROUND 4

Express love and appreciation while tapping on the meridian points, say any or all of the following statements (it's okay to repeat a statement):

- I love releasing resistance
- I love letting go of my money blocks
- I love feeling good about money
- I love being in harmony with money
- I love being in a great relationship with money
- I love coming into alignment with my financial abundance
- I love manifesting money with ease
- Thank you Universe for all of the money you bring to me

### TAPPING POINTS

