

EFT
&
HO‘OPONOPONO



“EVERYTHING IS ENERGY AND ENERGY TRAVELS; IT IS NOT CONSTRAINED BY PHYSICAL SPACE OR TIME. JUST BECAUSE IT CANNOT BE SEEN, DOES NOT MEAN IT IS NOT REAL. WE CANNOT SEE ELECTRICITY, YET CAN TURN ON LIGHTS AT WILL”

— JEANMARIE WILSON

HEALTH- FEAR OUR GUT EMOTION

- Close your eyes and take few deep breaths
- Think of situations where you have let fear take over you. You did not do something out of fear. Fear of future or responsibilities. Fear of being with successful people.
- From 1-10 rate how you feel towards that person 10 being very negative and 1 being neutral.
- Make a mental note of the rating.

PROCESS

- Take a deep Breath bring this person to mind and keep focus on this person through out.
- If mind gets diverted bring it back to the breath.

1) Karate Chop (3 -Times)

- Even though I stop myself from living because I am scared what if I things don't go as per me, I still love and accept myself exactly the way I am
- Even though I feel anxiety worry over -What if something wrong happens instead of being mindful, in spite of it I still love and accept myself exactly the way I am.
- Even though I allow Fear to stay in my body, in spite of that I still love and accept myself exactly the way I am.

2) Two-Finger Tapping (3 -Times)

Take a deep Breath

- Above Eyebrows : All my fears - Release.
- Side of Eyes : Fear of losing - Release.
- Below Eyes : Fear of being Judged - Release.
- On crown : Making fear my core energy - Release
- Below Nose : All my anxieties - Release.
- On chin : All my worries - Release.
- Collar Bone : All my frustration - Release.
- One Underarm: Allowing myself to live in fear - Release.
- Next Underarm : Allowing myself to take decisions from fear - Release.

3) Two-Finger Tapping – On fingers next to nail (3 -Times)

Take a deep Breath



Energy Healing

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- Thumb : Fear of failure - Release.
- Index Finger : Fear of success - Release.
- Middle Finger : Fear of being Stuck in past - Release.
- Ring Finger: Fear of future - Release.
- Little Finger: Fear trusting others - Release.

Now repeat the following:

- I take 100% responsibility for all the fear I create in my mind. Fear of failure, fear of losing, fear of people judging me, fear of people making fun of me.
- I am Sorry universe for not taking control on my emotions & letting fear control my life
- Please Forgive me for not taking action & living for years in fear & being stuck.
- Thank you universe for reminding me that fearful mentally & success can't go together. Fearless life is a limitless life & is an undoubtedly the most important contributor of my success story.
- I love you universe & I love taking action in each area of health, relationship, business & Money.

Now say the following payer 11 times

- I am sorry
- Please Forgive me
- Thank you
- I Love you.

