

# 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

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## MONEY – FEELING NEGATIVE WHILE SPENDING MONEY

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- Close your eyes and take few deep breaths
- Think where you recently spent a huge amount or are planning to spend or all the amount being spent on adds or other costs related to business.
- 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 know I need to feel happy & grateful while spending Money I feel exactly the opposite but in spite of that I still love and accept myself exactly the way I am
- Even though I know Money is not a commodity but purely an energy & its flow in my life depends totally on how I feel towards it in spite of it I still love and accept myself exactly the way I am.
- Even though I know exact LOA techniques I need to use to upgrade my money frequency I still feel lazy & don't do it & then get anxious around Money I still love and accept myself exactly the way I am.

#### 2) Two-Finger Tapping (3 -Times)

Take a deep Breath

- Above Eyebrows : Me feeling Negative towards spending Money - Release.
- Side of Eyes : Me feeling sad that my bank balance is reducing - Release.
- Below Eyes : Me feeling uncomfortable while spending Money -Release.
- On crown : Me rejecting spending Money on myself & my Loved ones - Release
- Below Nose : Me discussing how irresponsibly I spend Money after that Money is spent - Release.
- On chin : Me feeling guilty for spending Money - Release.
- Collar Bone : Me avoiding going out for not spending Money - Release.
- One Underarm : Me associating having fun with spending Money - Release.
- Next Underarm : Me feeling small every time I spend that's above my budget - Release.



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

Take a deep Breath

- Thumb : Me forgetting that Money is an energy - Release.
- Index Finger : Forgetting its flow depends on how I feel when I earn it & when I spend it - Release.
- Middle Finger : Forgetting to be grateful for having Money to spend. - Release.
- Ring Finger : Forgetting feeling sad, Low or uncomfortable are all negative frequencies - Release.
- Little Finger : All my fears related to Money - Release.

Now repeat the following:

- I take 100% responsibility of feeling negative, sad miser while spending Money.
- I am Sorry universe for not feeling grateful that I have Money to spend.
- Please forgive me universe for treating Money as a commodity & bank balance amount.
- I now realize & accept money is an energy. Its flow totally depends on how I feel when I receive & how I feel when I spend.  
I promise to create positive energies every time I receive Money by saying “I am thankful for this inflow of Money in my life” and when I spend Money by saying “My Money comes back to me Multiplied. Thank you.
- So thank you so much universe for making me vibrate at abundance Money frequency by working on myself.
- I love you universe & I love creating abundance in every aspect of my life.

Now say the following payer 11 times

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

