



EFT Tapping Mini Series – Attracting financial abundance

Hi, this is Kate Hartley from www.flourishtherapy.co.uk. In this tapping meditation, we're going to focus on releasing the negative energy surrounding a lack of financial abundance. If you're just learning about tapping and how it can benefit your life, take a look at my [Tapping Introduction](#) article first before starting on this meditation. You can find the Tapping Introduction article by going to flourishtherapy.co.uk and clicking on the self-development articles link at the top of the page.

Breaking free of limiting beliefs and negative self-talk

The purpose of this audio is to help you break free of your limiting beliefs and negative self-talk around money. Often when we talk about money either in our heads or in conversations, we tend to use limiting language which we use repeatedly and which then becomes fixed as our normal. We keep ourselves locked in this restrictive way of thinking because we constantly repeat the same limiting thoughts and words.

Do you have deep seated beliefs that you don't deserve financial abundance? Did you grow up in a household that never had enough? Were you told that money doesn't grow on trees? These messages help to reinforce your own self-limiting beliefs surrounding money. There is every reason, that when you use your resourcefulness and take action towards creating financial abundance, that money will flow your way.

Tapping takes action

It's worth stating too, that if you decide just to tap and stay sat on your sofa all day long watching tv, it's highly unlikely that you'll gain financial abundance. It's not just about tapping for money, rather tapping to change your mindset into one of action, accountability and responsibility while also opening up your belief structure to allow the flow of money in your direction.



You need to create an abundance mindset

So we need to create an abundant mindset. You may be sceptical about how just thinking differently can help to create an abundant mindset, but as far as the brain goes, when you run internal dialogue about how financially poor you are, your body responds to it physiologically and it's taken as fact. That's why, when we tap on the positive aspects of developing the mindset we want, it's so important to focus in as deeply as possible about how good it will feel, look, sound when we achieve financial abundance so that your brain takes the positive version as the truth instead. In essence, you're priming your brain to start looking for the things that are going to help you achieve financial abundance.

Tapping to help you change your truth

Tapping helps you change your truth. So, you remove the negative emotions surrounding your current financial situation and you replace them with positive emotions based around your ability to harness your resourcefulness, to develop a growth mindset instead of one that is in protection and keeping you stuck where you are.

How can tapping help your finances?

Tapping for abundance is about believing and knowing that there is plenty to go round for everyone, you included. You may look at your current job and think there is no way that you can become financially abundant given the hours you work and the pay you receive. That mindset is a limitation mindset. You need to allow yourself to have the faith that abundance is out there FOR YOU. You may not know right now how it will come to you, you just need to have the faith that it will do. We will be tapping today to open up your abundance mindset so that you can welcome in financial abundance, even if you have no idea where it's coming from.



Be flexible in your approach

Remember, if some of the words I use don't sit with you well, just change them for words and phrases that suit you better. While you're tapping, be aware of any emotions, memories, thoughts or sensations that may arise so that you can bring them into this tapping meditation or so that you can tap on them in your own time afterwards.

Remember, tapping is a fluid and flexible approach. There are no set rules about what to say and how to say it. First of all, you will focus on the negative experience and accept and honour yourself for being the natural human being you are in totality. Next, you'll focus on the positives of no longer having the negative energy as you work on restructuring about how you think about money.

Be specific

Be as specific as you can be for each round of tapping you do. That means, use the language which suits you best and really focus on the emotions surrounding the memory you are tapping on. It might be that you need to tap several rounds if a memory has several facets to it. The more honed in you can be, the better. If, like many people, you have a mix of negative memories and emotions, take each one in turn and tap on them individually.

The negative memory

So, you'll start by focusing on the negative memory first so that you can remove the emotional charge that's attached to it. What does it feel like, where do you feel it in your body, does it have a colour, does it move? Give it a number between 0 and 10 where 10 is the worst it can possibly feel.

Once you're feeling well connected to the memory, take a deep breath in through your nose, hold it a few seconds, then release it slowly through your mouth. Repeat the deep breathing another two times. As you're doing your deep breathing, focus on feeling grounded within your body. I'll leave some time at the end of each of my comments in case you want to either repeat the same or add your own words which might resonate with you better.



Set-up phrase

And start by tapping the karate chop point on the side of your hand.

SH: Even though I'm feeling a lack of financial abundance in my life right now, I love and accept myself.

SH: Even though I have so many debts and I have no idea how to get out of debt, I deeply love and honour myself.

SH: Even though thinking about money scares me, I accept myself fully.

First round of EFT tapping

Eyebrow: This debt.

Side of eye: I feel scared and trapped.

Under eye: My beliefs around money.

Under nose: Are creating my experience of lack.

Under mouth: I hate being in debt.

Collarbone: I have a limitation mindset.

Under arm: I've so many emotions surrounding lack of abundance.

Top of head: I find it hard to believe I deserve money like everyone else.

Second round of EFT tapping

EB: I'm afraid I'm blocking financial abundance to flow to me easily.

SE: I feel broke and afraid.

UE: My limitation mindset.

UN: Is stopping financial abundance coming my way.

UM: I focus on what I don't have.

CB: My feeling of poverty is keeping me trapped.

UA: This financial debt is hurting me.



TH: My mindset is limiting my financial success.

Third round of EFT tapping

EB: I'm afraid I won't ever have financial abundance.

SE: I feel so afraid I don't read my bank statements.

UE: I need to let this fear of money go.

UN: I feel stuck inside my limited thinking.

UM: I need to be able to pay my bills.

CB: I am feeling overwhelmed by my lack of finance.

UA: My limitation mindset is stopping financial abundance coming to me.

TH: I need to allow financial abundance to enter my life.

Checking in

Take a deep breath in through the nose and out of the mouth and let it go.

Check in with the original negative emotion and see how it's feeling now.

If the value went up, brought up new memories or stayed the same, continue tapping on the negative emotions associated with the memory and remember to use as many of your senses as possible that relate to the negative memory. Experience the memory in as much detail as you can while you go through your rounds of negative tapping.

Has the value gone down? Have you managed to get it below a value of 5? If you have, you're ready to do two positive rounds of tapping.

Tapping sequence – positive statements

Set-up phrase

Tapping the side of the hand:

SH: Even though I have this mindset of financial limitation, I love and accept myself now.



Two more times, still tapping on the side of the hand:

SH: Even though I am in debt, I know I'll get through it.

SH: Even though I'm not sure where to start, I'm going to start by believing that financial abundance can flow to me too.

First round of EFT tapping

Now we start tapping through the points.

EB: I am more resourceful than I think.

SE: I choose to focus on what I have already, not my lack.

UE: I choose to look to the future with optimism.

UN: Financial abundance is my natural state.

UM: I open my life to financial abundance.

CB: I choose to break free of my limiting beliefs now.

UA: I know I can welcome the flow of money.

TH: I deserve financial abundance and am creating it now.

Second round of EFT tapping

EB: I am feeling more confident around money.

SE: Because I know I can access my hidden resourcefulness.

UE: I am open to opportunities to grow my financial abundance.

UN: That I have ignored up till now.

UM: I am feeling calmer now.

CB: I choose to accept financial abundance in my life.

UA: I focus on what I have and welcome the flow of money into my life.

TH: I am open to new experiences of financial abundance.



Checking in

Take a deep breath in through your nose, hold it for a few seconds and out through your mouth. How are you feeling now? It may take a little while to notice the differences, but you will feel the change occurring as you start now to have a growing awareness about the availability of your resourcefulness.

When you start to do tapping, it can lead to much greater clarity so that you get an even deeper understanding of your issues and resistance to financial abundance.

You're making room for new possibilities which will help you feel the way into allowing the flow of financial abundance into your life.

So, I'm going to let the music play on for another 5 minutes or so. If you want to do some more tapping, stay relaxed and go with what feels right for you. Don't worry about using the right words and if you miss a tapping point, just keep going. Enjoy this time now, your time. You may just want to sit quietly and focus on your mind and body. Remember this is your time.

Until next time, this is Kate Hartley from <http://www.flourishtherapy.co.uk>