

Become An EFT Expert

Tapping Script For Manifestation

EFT is an incredibly powerful tool for manifestation! If used properly and consistently, you will see the most incredible results! When you clear the long list of fears and doubts behind your desire - The Universe can finally hear you over the noise!

This is a phenomenal resource for you to tap by yourself or with a friend at home. Sometimes it can be very hard to get traction without a gifted practitioner guiding you. I am giving you some scripts for common sticking points. If you have numbness, or feel unsure about what to say then these scripts are great place to start off with.

They can also be helpful to have handy to go to as a habit, to move any hidden energy left around this issue. So keep it handy, so you pull it out whenever you go into your home tapping sessions!

This is tapping script will help you release your fears, doubts and limiting beliefs! You must allow yourself to speak the negative, because it is really in there creating in the background. You must speak it, honor it, love it and accept that it is there. Only when you do this can you release it – and release it you will!

Remember to freestyle and say whatever you are feeling in the moment – then accept that it is happening, before you move on. The biggest sticking point is trying to change the issue, without accepting it it there. It was pain and hurt that created your negative aspects in the first place.

To heal them, you literally need to give your negative issues the love, understanding and compassion you never got – This can take a lot of patience plus reverse psychology.

Think of all of your negative emotions like a screaming child – if you scream back at the child or shut her outside, she will only scream louder. However if you hold her, hear her out and love her, she will eventually come back to balance. This is a great analogy for working with your emotions and transmuting darkness into light.



Manifesting With EFT - Instructions

Write your manifestation in present tense at the top of your page.

Begin to tap through the points. If it is hard to tap and write, place hand over heart or rub another easy to access point.

Take a big breath!

Underneath write a list of all your 'yeah buts' and 'what ifs'. These are your doubts and your fears. You can start most of them with yeah but or what if. List as many as you can – keep going! Don't leave anything out, even if it sounds silly or inconsequential. Put it all in!

As with all EFT mind maps, rate each and every fear or doubt between 1 – 10. 10 is the worst, it feels most painful and true. 1 is only a passing thought and does not having much power at all.

Tap through each point. Do not stop! Allow yourself to relax towards painful feelings, rather than to push them away. Speak the truth of what is really there and focus on your list of 'yeah buts' and 'what ifs'.

Tap & Begin by saying what you want.

Give a lot of time voicing your negative issues. Find the feeling in your body. Acknowledge it, focus on it, relax towards it always

Keep talking about the negative and accepting that it exists.

As you feel it shift (but not too soon!) begin to bring in positive thoughts about the future

Shift back and forth between the negative and the positive

At the end power manifest, speaking loudly, saying powerful positive things about yourself and your future.

Remember to breathe all the way through, with jaw open on exhale. Relax towards all feelings. Do not try to change them – Instead, focus on acknowledging them and once you are ready, send the negative Love, compassion, respect, compassion.

Ask questions of the negative to find out why you feel this way
Speak to the negative feeling to let it know you get it's pain and why it is there

Finally, spend a good 5 – 20 minutes speaking about your manifestation as though it has already come true 1 year ago. Talk about how great your life is now you have been living this new reality for over a year. Include all of your senses and how it makes you feel. Speak in present and past tense.

Tap through all the points as you go

Words in brackets are optional add ons if the positive rephrase still feels really untrue. If you really don't feel love for yourself, it is better to say MAYBE I can love myself one day soon. This will give you relief and help your nervous system to accept the new information, rather than reject it.

Important:

Write what you want at the top of the page

Read it aloud and say YEAH BUT..... and add in whatever negative thought comes up

Keep repeating it for new thoughts.

Now do the same by reading what you want out loud and say

WHAT IF.....? Again write down whatever negative thoughts come to you

Keep repeating until you can't find anymore

Write them word for word.

Go back and rate each and every thought/sentence between 1 – 10 for how painful it feels. 10 being the highest and most true.

Then follow the tapping script below.

Tapping Script For Manifestation

I am manifesting _____ *read your manifestation aloud*

I really want this manifestation! I really hope it comes true!

I am doing my best to think positively and manifest this --- {think of your manifestation clearly}

My goal. My hopes. My dreams.

I really want this SO MUCH!!!! --- {feel how much it means to you!}

BUT I choose to admit I have all these doubts!

I really want _____ say your manifestation

But part of me doesn't know if it will happen.

Part of me is scared it won't.

Because I haven't done it before!
In fact, I've tried before and I've failed!
I really want this manifestation – What can I do about that?

Well – I choose acknowledge these doubts I have.
Even though part of me knows it can happen!!
Another part of me is scared/doubtful/anxious/sad/worried/insert your feeling
This feeling of _____ *say it again*

I choose to send it Love
No I don't!
I don't want to be scared! I don't want to feel this way!
I admit I really don't want to have these doubts and that's OK!
I also accept that I am feeling this doubts right now. These fears.
This panic. Worry. And concern.
Yep it's all in here!
I feel it now and it doesn't feel good!
Even though I have this longggg list of fears and doubts
I'm open to the possibility I am worthy and deserving of being loved.
I choose to admit that I am human.
That means I'm not perfect!
I am human.
Having a human experience. It's not easy. But it's true.
It hasn't always been easy for me.
So of course I have these doubts!

Even though I really want this manifestation.
I really want

Part of me also feels that:

GO THROUGH YOUR YEAH BUTS AND WHAT IFS - TAP DOWN THE LIST AND SAY
THEM ALL. BREATHE BETWEEN EACH ONE AND NOTICE HOW IT MAKES YOU FEEL.

There!!! I SAID IT!
I SAID IT ALL!
This is how I feel and that's the truth.
I'm not going to run from it any more.
I really feel this way. This is really happening.
And that's not fair! I hate this! It sucks! Why do I have to have these doubts?!!
Even though these doubts/fears/issues are in the way
I'm open to loving and accepting myself anyway
Because I'm human.
Part of me knows I can achieve this!
I really can have this come true.
But how?
How can I create this reality? What do I need to change?

I choose to admit that even though I really want this manifestation, I also think:

CHOOSE ONE YEAH BUT OR WHAT IF AND FOCUS ON IT AS YOU TAP. ALLOW

YOURSELF TO SPEAK HOW YOU REALLY FEEL, ESPECIALLY THE NEGATIVE. KEEP TAPPING AND IT WILL RELEASE FROM YOUR NERVOUS SYSTEM. DO NOT TRY TO CHANGE IT, SIMPLY ACCEPT IT IS HAPPENING.

ASK IT QUESTIONS

SPEAK OF WHERE IT BEGAN

REMEMBER TO BREATHE OFTEN WITH YOUR JAW OPEN ON EXHALE

STILL ON THIS ONE FEAR OR DOUBT:

Even though I have this issue _____ think of the the limiting belief you have been working on _____

I'm open to the possibility I am still OK as I am... (maybe)

BUT what if/yeah but _____ *say it aloud*

I really want this to come true – it would be so amazing!

But part of is still scared that _____

I choose to acknowledge this feeling in my body.

I feel it in my _____ say where _____

I feel this fear/doubt/anxiety in my _____ *say it again*

I'm still open to the possibility I am worthy of my dreams!

Even if I ALWAYS have this fear/doubt I am still OK as I am!

I am still OK as I am!

Even if part of me isn't...

Even if this is really painful, and it is.....

Maybe, I am still worthy of Love.

But what if this doubt got in the way?

What if I never reach my dream?

What if I fail?

What if I crash and burn?

I really want this manifestation

Yeah BUT/What if _____ *Speak of it in length from different angles* _____

I acknowledge how this makes me feel.

It makes me feel _____

I admit I feel this way!

That is has been controlling my life

Scared of what might happen

doubtful that I am good enough

I love and accept myself (as much as I can)

I love and respect myself (maybe one day soon)

Even if I always have this doubt – I am still worthy of love and compassion -

Am I?..... Am I?

Could I be?

Worthy of compassion?

Am I worthy of love and respect?

Even with this doubt?

Even if I failed?
Even though I'm not quite sure – I am curious to find out what might happen
When I really give it a go – when I try my best!
Maybe I can open my heart
and release this fear/doubt into my heart
Maybe it is OK to feel this way.
Maybe I can love myself anyway

BIG DEEP CLEARING BREATH!

I choose to open my heart to the power of The Universe.
I allow this energy to flow. Even if it's painful.
Even if it's stuck and doesn't want to move.
If that is what I need, I choose to love, honor and respect myself as I am.
I choose to love myself deeply and completely (as much as I can)
I really am a good person!
Am I? (Maybe!)

So even though I have this remaining fear/doubt – I give myself permission to accept
this feeling in my body
Even though I want to change it
That hasn't worked in the past
I am human – so I don't have to be perfect. Even though I wish I was!
It would be easier!!! But that's OK!!!
So even with this remaining fear/doubt in my body
I am still a good person!
I choose to give it permission to stay. If it never shifts, well that would suck!
But I would still be worthy of being loved.
So even if it never shifts I would still be worthy of compassion.
I would still be worthy of compassion!
I am worthy of compassion.
Is it possible to send myself some compassion?
Because I really care!
I really want this to work out.
It's not like I don't care at all.... Because I really care!
I choose to honor myself for caring.
I choose to respect this part of me that deeply cares
And even though I _____ *say that same yeah but/what if again*

I am open to loving myself anyway! (maybe one day soon)
I am open to giving myself a break!

I am making space for the new.
I am changing. I am healing. I am growing.
This is happening now. I choose to allow myself to feel this negative issue.
I give myself permission to love myself as I am – even this part I don't!
Even this part right here _____ *feel where it is in your body*

Even this part right here, that I will never love!
Maybe that is OK too.
I choose to be curious about this fear. This heaviness
I choose to be curious about myself. My future. My pain.

I am OK as I am. Yep! Even with this fear holding me back
I am still worthy of manifesting my dreams and desires!
How can I do that? What do I do?
I relax into any tension
Any fear at not knowing what to do.
Maybe I can trust.... Maybe I really can trust.
If I just let go – The Universe will catch me!
If I just let go, I will be all right!
Will I????
Even if I have some doubt – it's OK.
This doubt is just trying to protect me. It is coming from a caring place.
It wants me to be safe. So thank you doubt/fear for your service
I have pushed you away in the past... But today, I choose to love you
To bring you into my heart. So I can love myself more than ever before!

I love and accept myself (more and more)
I love, honor and respect ALL of my feelings!
I am open to changing my mind about this!
I am open to creating new space for this!
And even if it doesn't change,
I give myself permission to be super open to loving and forgiving myself anyway!
Maybe one day soon – and that's good enough

BIG SIGHHHHHH – JAW OPEN – BIG BREATH. RELAX INTO ANY REMAINING TENSION
AND GIVE IT PERMISSION TO STAY. NOTICE YOUR BODY, RELAX YOUR MUSCLES,
RELAX YOUR SHOULDERS AND BREATHE LOUDLY.....

Maybe part of me feels this doubt/fear/anxiety/sadness/etc because in the past
it wasn't always easy for me. I've been trying to be positive
But It's not fair! It really isn't – so it's OK to accept this feeling in my body!

I love and respect myself! I choose to take control of my own life now!
I choose to be 100% responsible for my success!
And for my failure.
And I can be kind to myself either way – because I know that I care!
I care about my happiness
I care about things going well
And even though this issue has been holding me back...
This issue of _____ say the one issue you are working on

I am still willing to give it a try!
Because I CAN SUCCEED!
I choose to tune into this part of me, that knows I can succeed
I choose to send it love and compassion. I invite it to come to the surface
Even with these fears and doubts, I am still worthy of achieving my dreams!
I love and respect myself!
And I honor all of my feelings!
I honor myself! And I thank myself for doing this today.
Thank you me! Thank you _____ say your name out loud

Thank you Universe! Thank you Angels.... Thank you!

BIG AMAZING BREATH WITH JAW OPEN ON EXHALE. SMILE AND SIGH OUT SOFTLY BUT STRONGLY. RELAX YOUR HEART TOWARDS ALL THE NEW FEELINGS IN YOUR BODY AND ALLOW THEM TO FLOW, WHIZZ, STICK OR STAY, HOWEVER THEY NEED TO.

Notice how you feel in your body now.

Close your eyes – have a full experience of the new sensations you created.

Breathe, smile, moan, sigh and just BE.

Relax your shoulders, body – sit in silence and relax your mind.

Notice how it feels to just be YOU.

****Supercharge & Transmute Your Energy:**

TAP WITH YOUR FULL PALMS AS YOU BREATHE AND IMAGINE THE ENERGY IN YOUR BODY GETTING LIGHTER. DO NOT FLICK THE ENERGY ON THE GROUND – RATHER IMAGINE YOU ARE LIFTING THE ENERGY, AS YOU LIFT YOUR ARMS IN THE AIR AND AS YOU BREATHE OUT – SEND THE NEGATIVE ENERGY UPWARDS TO THE HEAVENS. IMAGINE YOUR ANGELS, OR THE UNIVERSE RECEIVING IT AND TRANSMUTING IT INTO LIGHT... SMILE THROUGH THIS PROCESS AS YOU CONTINUE TO BREATHE.

Check your numbers again – go through each yeah but and what if – try not to look at old number. Tune in to it, come up with a number (even if you have to guess). Cross out old number and write in new number.

As a note, don't worry if some of them have gone up. This only means numbness has worn off and you are feeling what was really there for the first time in a long time. If nothing has shifted much, then you need to be more specific, go into the story, and speak of old time memories

NOW GO THROUGH AND CHOOSE THE NEXT ONE!

Make sure to drink plenty of water. Stand up and stretch... Then come back into the process.

Congratulations for coming so far!

Know that when the numbers reduce, everything in your World changes, because you change significantly! So make sure to always give it one more push and go past your stopping point – this is where the magic truly begins to happen! You will create more space, be clearer aligned with the powerful manifestation you are about to create. **Go to the very next page for your instructions**

**ONCE YOU HAVE MADE SPACE BY REDUCING THE CHARGE AS LOW AS POSSIBLE
(at least below a 6 or 7 – but the lower the better)**

IT IS TIME TO POWER MANIFEST!

This whole process has been leading up to this point!

5 – 20 minutes.

As you tap enthusiastically, breathe and smile speak your manifestation out loud in present and past tense. REALLY FEEL how amazing it is! In this story your goal came true and you have been living it for one entire year! Talk out loud about how great it feels, what you are doing, who you are with, what your habits are, what you are most proud of.... Just keep going!

When you run out of things to say, take a deep breath and go again! I have my clients repeat this 3 times. The more you focus on what you want the more your mind knows to create this reality. Now is the perfect time to implant new beliefs into your mind. Bonus points for writing it down as well, tapping as you write (make sure you still say out loud 1 – 3 times in full detail)

Remember to use your creative energy to **take action** on this creation to bring it into existence!!!

Join me at:

[Facebook Group](#)

[Facebook Page](#)

[Twitter](#)

[Pinterest](#)

[VibrantSuccess.Club](#)

I Am Worthy & Deserving Of All My Dreams!