

So Overwhelmed

Karate Chop Point

Even though I feel so overwhelmed with my life right now, I love and accept myself anyway

Even though there is so much going on in my life, so many things to worry about, so many changes happening, and I feel so overwhelmed and confused some of the time, I deeply and completely love and accept myself anyway

Even though I am so worried that things could go wrong, I worry with all the stuff I see in the media, worry about money, worry about life, worry that I might not make it, and I get so overwhelmed by my feeling and my thoughts, I choose to love accept and forgive myself anyway.

Tap on the Karate Chop point whilst saying the following:

EB I might not make it
SE Prosperity might not be for me
UE I might not deserve it anyway
UN Why do I expect more
Ch Why should I expect more
CB I get so overwhelmed with worry
UA So overwhelmed with all my feelings
H So overwhelmed just thinking about my life

EB So many things can go wrong
SE I see it every day in the life of others
UE I see it every day in my life
UN What if I never find the perfect job
Ch What if I never find my destiny
CB What if it passes me by
UA How am I going to know when it shows up
H What if I have missed it already

EB The world is changing so fast
SE How am I going to keep up
UE What if I am not able to keep up
UN What will become of me
Ch Where will I end up
CB I might end up on the scrap heap
UA With no money, No retirement fund, No life
H I am so afraid of not knowing my future

EB All this fear is so overwhelming
SE All of the worry is so stressful
UE I lay awake at night worrying about my life
UN I cant sleep with all this worry
Ch I go to bed feeling overwhelmed
CB Then I wake up stress and overwhelmed
UA When will I get a chance to let go
H What if I never find my way

EB I get so overwhelmed just thinking about it
SE But maybe I can learn to accept myself
UE I choose to accept all my doubts d
UN I choose to accept all these worries
Ch After all I created them
CB And because I created them I can let them go
UA I choose to allow myself to start letting them go
H I choose to let go of all this doubt and worry

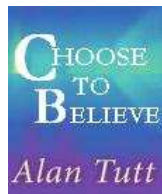
EB I choose to let go of feeling overwhelmed
SE It is as it is and I cant change the past
UE But maybe I can begin to change my future
UN I choose to let go and accept change in my life
Ch I allow myself the flow of abundant loving energy
CB I am worthy of finding my way
UA I choose to give myself permission to shine
H I choose to give myself permission to have prosperity in my life

Life Changing Programs



<http://www.eftabundance.com/goto/creatingscripts/>

Release emotions and negative vibrations using your own words; learn the same methods Joe uses to Script. Create Scripts and Release by linking all the tiny pieces together.



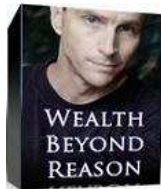
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Change your personal beliefs at a core level...What you believe you will receive.



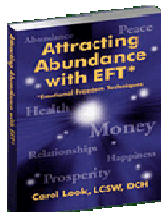
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Unblock limiting beliefs holding you back from attracting wealth and prosperity



<http://www.eftabundance.com/goto/BobDoyle/>

A Complete Law of Attraction Program, Bob Doyle from the hit movie "The Secret"



<http://www.eftabundance.com/goto/CarolLook/>

Release negative emotions and limiting beliefs for attracting wealth and happiness



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