

Raising your Vibrations

Karate Chop Point

Even though I sometimes find it hard to change my thoughts I love accept and forgive myself

Even though its hard to change my energy when so much is going on around me, I don't have the time to think and feel positive, it doesn't seem natural, I deeply and completely love and accept myself anyway.

Even though I am not always aware of my energy vibrations, who is, its silly to say that we can really be in tune all the time, life isn't always that simple, so its only natural that my energy changes, I do the best I can, but sometimes I am angry with myself as I know I can do better, but I choose to accept and forgive myself, as I deeply and completely love and accept the whole of me

Sequence

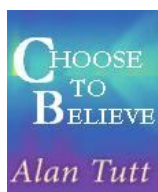
Eye Brow Point	I cant always be in charge of my energy
Side of the Eye	Its only natural that sometimes I am down
Under the Eye	It can take some much time to maintain balance
Under the Nose	We cant all be like Cesar Millan
Chin	He has the perfect job
Collar Bone	He gets time to meditate and relax
Under Arm	It is only natural to sometimes be down
Top of the Head	I do the best I can

Eye Brow Point	But sometimes I know when I am down
Side of the Eye	Sometimes I do get bent out of shape
Under the Eye	I know that the universe is energy
Under the Nose	After all Tapping is all about energy
Chin	So I guess I can influence my surroundings
Collar Bone	I guess I can also allow others to influence me
Under Arm	It's ok if I get down sometimes
Top of the Head	It is more important to change my vibrations when I know I am down

Eye Brow Point	I choose to begin changing my vibrations now
Side of the Eye	I choose to start at the top of my head
Under the Eye	Allowing relaxing, peaceful energy to flow over me
Under the Nose	down my head and shoulders
Chin	over my body
Collar Bone	down my back and stomach
Under Arm	peaceful energy flowing over my arms and legs
Top of the Head	I am in vibration with loving peaceful energy

Eye Brow Point	I choose to maintain this vibration
Side of the Eye	To send this energy out to others
Under the Eye	So that all those around me can experience this
Under the Nose	For I get back what I send out
Chin	And I choose to send out joy, hope and love
Collar Bone	I choose to vibrate peace and hope
Under Arm	Like Cesar says "Its a choice"
Top of the Head	I choose to think peaceful relaxing thoughts

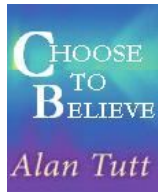
Eye Brow Point	I am raising my vibration level higher and higher
Side of the Eye	The higher I go the higher others around me go
Under the Eye	I choose loving caring hopeful and abundant vibrations
Under the Nose	There is more than enough for all of us
Chin	So much that I choose to give it away
Collar Bone	I choose to send out these vibrations as I go about my day
Under Arm	I choose to maintain these vibrations
Top of the Head	I appreciate all those who I come in contact with as I love accept and appreciate myself



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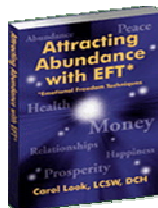
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