

## Tapped out? Tap In.

The current financial climate has brought up a lot of emotion for most people. Many people are concerned about whether they will have a job. They may be worried as to how they will pay their bills or whether they will have enough money to retire. All of these concerns bring up a myriad of emotions such as anger, sadness, frustration, and grief to name just a few.

If you are experiencing any of these emotions that you feel might related to your personal finances, then perhaps Emotional Freedom Technique (a.k.a. EFT or Meridian Tapping Techniques - MTT) can help. Many of my clients have successfully released fears, anxieties, limiting beliefs and debilitating emotions to find peace amid this storm. By using the simple and easy process of tapping on acupressure points clients have discovered the clarity and calm they seek. EFT/MTT is like needleless acupuncture and has been documented to change brain chemistry over just a few sessions.

To help you reduce some of your stress and anxiety during this difficult time, I have included below a sample of a quick tapping segment that might help. Of course, a single session or simple example such as what is included here is not likely to be as comprehensive and rewarding as working one-on-one with an EFT professional, but it can bring greater clarity and peace and that is a great start.

Before you begin tapping, notice, as you think about your finances, being as specific as possible, bring to mind an issue that brings up some emotion. Identify what emotions are coming up for you. On a scale of 1-10 with 10 being the worst, rate your emotion. For example, if you are anxious, rate your anxiety on this scale. When finished with the tapping you will rate the originally emotion you rated before tapping.

Tap at least 6-7 times on the following points saying the phrases aloud. Karate Chop (fleshy side of hand near the little finger):

“Even though I am anxious and scared about what might happen to my personal finances because of this financial climate, I deeply and completely love, accept and forgive all of me.”

“I am scared to death that I might go broke, how will I feed my family, and pay my bills? Even though I feel fearful, I choose to allow calm and clarity into my life now.

“Even though I don’t believe this is going to work, I deeply and profoundly love and accept all of me and my doubts.”

Now using the index and middle fingers, tap on the following points.

(Use this link for a diagram of the tapping points

<http://www.andreamincsakbordelon.com/Articles/EFTTappingPoints.pdf>)

Round one:

Eye brow (nearest nose): I am so scared that I might lose all my money...

Side of eye (outside bone of brow): I am afraid that I might run out of money...

Under eye: I am angry at our government and the financial institutions for this financial crisis...

Under nose: I am angry that I am in this mess...

Chin: I am so scared...

Collarbone: I am so worried...

Underarm (in line with the breast): I am so angry...

Top of Head: All this sadness...

Round two:

Eye brow (nearest nose): All this anger...

Side of eye (outside bone of brow): All this frustration...

Under eye: I want to be calm...

Under nose: No I don't, I need to feel anxious so I don't let things slip...

Chin: I am afraid to be calm...

Collarbone: It doesn't feel safe to be calm...

Underarm (in line with the breast): No one else is calm, why should I be, I have too much to lose!

Top of Head: I choose to be safe and calm anyway...

Round three:

Eye brow (nearest nose): I allow myself to feel relaxed and hopeful...

Side of eye (outside bone of brow): I can be safe and calm...

Under eye: I love feeling safe...

Under nose: I love the guidance I receive when I am calm and relaxed...

Chin: I love this new clarity...

Collarbone: I love feeling peaceful...

Underarm (in line with the breast): I am strong and resourceful...

Top of Head: I now allow myself to feel calm and attract abundance into my life...

Round four:

Eye brow (nearest nose): I am grateful for the clarity I receive...

Side of eye (outside bone of brow): I clearly see the next steps I need to take...

Under eye: I now allow abundance and prosperity into my life...

Under nose: I choose to feel safe regardless of what is happening around me...

Chin: I deserve abundance...

Collarbone: Everyone deserves abundance...

Underarm (in line with the breast): There is always enough for me...There is enough for everyone...

Top of Head: I am so happy and grateful for all the prosperity and abundance in my life...

Now tune back into the original emotion and re-rate it. How did it change? Are you feeling any more at peace or more calm? Email me and let me know...looking forward to hearing from you!

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