

EFT divine surrender

Karate Point Start

Even though I'm holding on to blockages, doubts, fears,
I deeply and completely love, accept and honor myself.
Even though I've been protecting myself out of fear and doubt,
I choose to trust in the divine guidance
and I choose to allow myself to surrender to the flow of life.
Even though I have been holding on to fear,
I choose to open my heart to divine abundance wholeness
and to know that I am fully supported.

Over the eye, side of the eye, under the eye, under the nose, on the chin, on the collar bones, under the armpit, top of the head:

I've been holding on to blockages,
keeping myself safe from what I fear.
I've created protections to shield myself from the unknown.
I've created protections to shield myself from failure or disappointment.
These doubts and fears have been weighing me down,
keeping me stuck in scarcity and lack.
I've been afraid to let go.
I've been afraid to surrender.
I've been afraid to open wider.
I've been fearing the unknown.
I've been resisting my own power.
I've been resisting my divine guidance.
What if I could release all these fears?
What if I could release these doubts?
What if I could release these blockages and protections now?
What if I could trust in the divine flow of life and the life force within me?
What if I knew that I am always supported and guided?
I choose to release now any old protections, doubts and fears that have been blocking me.
I choose to release any doubts.
I choose to release any fears.
I choose to let go of resistance.
I choose to let go of the mind
and any thoughts that's been in the way.
I choose to allow myself to step into trust.
I choose to surrender to my divine self.
I choose to embrace my own abundance, magic and wholeness.
I am now releasing all blockages, protections and fear that no longer serve me.
I choose to trust that I am always supported by the universe in every way.
I choose to surrender to my divine life force energy for it to guide me.

I choose to know that it is safe to let go.
I choose to embrace faith,
knowing that everything is unfolding perfectly for my highest good.
I allow myself to trust in the divine plan.
I allow myself to release scarcity
and to embrace abundance.
I am whole.
I am complete.
I am aligned.
I am now fully surrendered to the divine essence that moves through me.
I am empowered by my own trust,
my faith
and my own magic.
It is safe for me to dive into the unknown
and I choose to feel excitement to the idea of the unknown.
I choose to know that it is safe for me to dive into the mystery.
I choose to love exploring the vastness of my multidimensional being.
I choose to love the ease and grace I have
to surrender deeper into the unknown places of my heart.
I choose to honor the magic that breathes me alive.
I choose to love myself.
I choose to surrender to myself.
It is easy for me to let my resistance go.
It is joyful for me to relax
and to fully surrender
here, now and for every day to come.
Take a deep breath through your heart.