

# **EFT SCRIPT • EXPAND THE CAPACITY OF YOUR NERVOUS SYSTEM FOR HIGHER SUCCESS & IMPACT**

## **Karate Point Start**

Even though I've been feeling fear about allowing my full potential,  
even though I've been letting doubt hold me back,  
even though I haven't been trusting the fullness of my being and my possibility,  
and even though I have felt limited in my capacity to hold a bigger vision and a bigger mission,  
I deeply and completely accept myself.  
Even though these fears have held me back, I choose to honor and to love myself.  
Even though I've been afraid of making a big impact,  
even though I've been afraid of receiving abundance, I am open to trust myself and thrive.  
Even though I've been holding my capacity to handle life and create more of it,  
I choose to expand my nervous system's ability to hold this light.  
I acknowledge that I have felt limited in my ability to handle life.  
I've been holding on to fear and self-doubt  
and this has kept me from stepping into my full potential.

## **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 experienced fear of being overwhelmed by my bigger dreams  
and I've experienced doubt of seeing them come into reality.  
Sometimes I worry that I am not enough to birth them into reality.  
Sometimes I worry that I am not ready to bring this big vision into reality.  
I've been afraid to unlock more abundance and wealth for myself.  
I've been afraid to step into the higher role that is meant for me,  
as if I couldn't handle it, as if I wasn't enough.  
My nervous system has felt stretched and dysregulated,  
like I can't hold the magnitude of my purpose.  
I have felt resistance in my body when I think about the big impact I am meant to create.  
These fears have limited my capacity to expand and grow.  
These doubts have limited my capacity to embody my full light.  
I am now expanding my nervous system to hold more light, more energy.  
I choose to grow beyond the fear and I choose to fully step into my mission.  
I choose to do it with confidence.  
I know that I am capable of handling the abundance and wealth that is meant to flow into my life.  
So I allow my nervous system to expand with ease.  
I allow my nervous system to hold more energy to elevate into the embodiment of my higher self.

I am opening up to new levels of power, impact and possibilities.  
My body is naturally adjusting and expanding.  
My body is grounding into the truth that I am worthy of holding this much light.  
I welcome the big vision of my mission on earth with my heart wide open,  
with my confidence activated,  
knowing that I am fully equipped to bring it to reality.  
I embrace the fullness of my potential with gratitude,  
with strength  
and with joy.  
I choose to embody effortlessly the grace of who I am.  
I choose to expand into the version of me I am meant to become.  
Everything comes easy to me.  
Everything is always working out for me  
and I am being guided every step of the way.  
I just need to trust my vision.  
I just need to trust myself  
and keep moving forward with my heart open,  
radiating the light that I am.

*Take a deep breath here.*

*Now close your eyes and visualize your vessel, your body expanding, your nervous system expanding and becoming stronger, more resilient and capable of holding more wealth, prosperity and abundance. Your heart center is glowing brighter and stronger. You feel this immense light spreading throughout every part of you, expanding your radiance through your cells, your bones, your organs, your energy field, your entire nervous system.*

*This light is expanding your capacity, adjusting and recalibrating your capacity to hold your light and your big mission, to hold more joy and more abundance. Now feel into your highest timeline, the one that you are living now, the one that you're allowing and choosing now. Feel and see yourself standing as the highest version of you, confidently embodying your big mission, impacting the world and receiving the abundance that is meant for you.*

*Feel this feeling inside your body and allow gratitude to arise, gratitude for this life that you're living and creating, for this timeline that you're choosing and allowing, gratitude for embodying exactly who you were meant to be here. Feeling how all parts of you and this nervous system is supporting that by expanding its capacity to the fullest of your potential. Let yourself bathe into this celebration, knowing that it's already happening now.*