Manifestation Tapping Script

The set-up phrases
Repeat these phrases whilst tapping on the karate chop point. You can say them out loud or in your mind.

Even though I've sometimes got caught up in lack and scarcity, I choose to be at peace with my past

Even though my world has sometimes felt anything but abundant, from today I choose to expand my world and notice abundance

Even though I have felt like there isn't enough…that I'm not enough, I choose to deeply and completely love, honour and accept myself.

Round 1
Tap through the points slowly as you repeat the following:
Eyebrow: Today I am allowing abundance
Side of eye: And that starts with noticing with awareness
Under eye: Reminding myself that an abundant world
Under nose: Feels like an overflowing fullness
Chin: And remembering there is always enough
Collarbone: Enough money, enough love, enough of everything
Under arm: Because the universe is abundant
Top of head: And the universe wants abundance for me, and for everyone

Take a deep breath in and out.

Round 2
Eyebrow: How can I notice abundance in my life today?
Side of eye: What abundance have I overlooked?
Under eye: Maybe I could notice abundance in lots of ways
Under nose: As I step forward with abundance on my mind
Chin: Stepping forward into a new truth
Collarbone: That I am worthy and deserving of abundance
Under arm: And that I am always open to and aware of abundance
Top of head: Noticing abundance in the world around me

Take a big deep breath in and out.

Round 3

Eyebrow: Seeing the abundance of things that are too limitless to count

Side of eye: The grains of sand on a beach

Under eye: The blades of grass in the countryside

Under nose: The stars in the sky

Chin: The leaves on the trees

Collarbone: The water that flows in the sea, streams and rivers

Under arm: The trillions of cells in my own body

Top of head: I am an embodiment of abundance

Take a big deep breath in and out.

Round 4

Eyebrow: The more abundant I feel, the more abundance I'll see

Side of eye: Because abundance is an inside job

Under eye: It's not about what I have or want It's about how I AM

Under nose: And abundance can flow from me, to me and through me

Chin: There is a universe inside of me

Collarbone: There is always enough

Under arm: I am always enough

Top of head: I bask in abundance and enoughness

Take one big deep breath in and out.

Pause for a moment to appreciate the tapping and feel gratitude for this time that you have given to yourself.