

## ALPHABETICAL WAYS TO USE EFT

A number of years ago Gary used the following affirmation and he reported that it worked very effectively:

My ideal weight is.....and that is what I weigh.

Over a period of time I have found his idea is really helpful to expand upon. It works well for physical, emotional, professional & spiritual areas of our lives. I have grouped some examples of these in alphabetical order of possible desired states. The second half of the statement beginning with and..... can be chosen from the following possible suggestions or other ones which you prefer can be created by you. Have fun expanding upon this great idea of Gary's.

Possible ending statement for your setup:

And that is what I do  
And I do this easily  
And I am great with this  
And this is what I want  
And that is what I have

**A**ttracting abundance is consistently good for me.....

My ideal **b**lood sugar level is.....

My inner **c**onfident states are high.....

Making intuitively right **d**ecisions work well for me.....

I enjoy abundant **e**nergy states.....

**F**amily and friends bring joy to me.....

A state of **g**ratitude surrounds me .....

I thrive on inner **h**ealth and harmony .....

I inspire myself and others.....

My **j**ourney through life brings genuine thankfulness.....

**K**indness is expressed through me.....

**L**ove, laughter and joy are generated within me.....

My **m**emory amazes me .....

**N**ature consistently encourages me.....

Travelling with an **open** heart brings blessings to me.....

True **peace** surrounds me.....

**Q**uestions and their answers come to me.....

My sleep in **restful** throughout the night.....

My **s**tomach is so naturally settled.....

I frequently **treasure** my life.....

My **usual** state is quiet confidence.....

My **v**ision improvements continue to intrigue me.....

**W**indows of opportunity open up to me.....

My experiences of love touch me with gentle **xxx**'s .....

**Y**outhfulness in mind body and spirit emanate from me.....

I sparkle with **zest** for life.....

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