

Morning Meditation

As you tap through the points, **Breathe deeply**, but naturally. Visualize your breath coming into your nostrils, going to your lungs and expanding into your chest.

Then visualize your breath going out the same way. Continue breathing, but each time you inhale, imagine that you are breathing in more relaxation.

Today, I lovingly release what is no longer serving me consciously and unconsciously.

I let go of all tension and resistance I am holding and carrying in my body and mind.

I release all lower vibrational frequencies that hold me back from manifesting this day.

I let go of all negative beliefs, thought patterns, and stored negative memories that keep me from living my highest purpose for my highest good.

I acknowledge all negative beliefs, thought patterns, and stored negative memories for serving me in the past and I choose to release them fully and let them go today. They no longer have power over me, consciously or unconsciously.

Everything today flows smoothly and effortlessly beyond my greatest expectations.

My life is filled with great abundance as everything I desire flows seamlessly into my life.

I allow the new to flow with ease into my life, blessing me with divine timing.

I am continually worthy of love, abundance, success, happiness and fulfilling relationships and experiences.

I honor myself and how easily I integrate the positive changes I am making each day.

I choose to make today amazing as I continue to turn my dreams into reality.

Take a deep breath and relax even more now while you continue tapping through the points.

Think about your day and all the times you will be eating today...

I completely love and accept myself therefore I eat slowly.

I completely love and accept myself therefore I eat consciously.

I completely love and accept myself, therefore I choose to only eat foods that nourish my body and mind.

I completely love and accept myself therefore I allow myself to experience pleasure, joy and fun today.

Today is going to be an incredible day.

I can't wait!