From: Sherry Hardt, Healing Power Within

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Today we are going to use our fingertips to tap on acupressure points in the body to release the self-bully (negative talk to our self) and bring in self-love.

Follow along and tap the points on the video and say the words below out loud.

I am a radiant being filled with light and love.

I love and appreciate myself now.

Everything I need is already within me.

Perfect wisdom is in my heart.

I am whole and complete in myself

I now give and receive love freely.

I feel happy and blissful each day.

I am open to receiving all the blessings of this abundant universe.

I appreciate all the gifts and talents I have been given.

I appreciate all the energy flowing through my body.

It’s okay to have fun and enjoy myself and I do.

I am talented, intelligent and creative.

I am kind and loving towards myself.

I like myself and I am energetic and full of vitality.