

Manifest More Money  
Using EFT  
by Mona Wind

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# Your Attraction Template

Hello and welcome to this wonderful program to increase your vibration and manifest more money. My name is Mona Wind and I am an EFT (Emotional Freedom Technique) Coach. I have worked with thousands of people supporting them in attracting their deepest wishes and desire. Over the years I have noticed certain issues, blocks or limiting beliefs that keep people stuck from achieving financial success and freedom. In this program, the most important blocks will be addressed and removed. Your vibration will increase supporting you in attracting even more of what you desire. I look forward to hearing from you about your successes after the program.

Many people around the world have been introduced to the Law of Attraction (LOA). The Law of Attraction states that what we're thinking, feeling and expecting is what we magnetize or attract to us.

So if that's true, then why aren't you consistently attracting everything that you're focusing on? Is there a component missing from the attraction process?

We all have an **attraction template which is a combination of conscious and unconscious thoughts**. This template is sending out a vibration. The Law of Attraction is actually a subset of the Law of Vibration. The Law of Vibration simply stated that everything is in motion, sending out a vibration (energy signal). A rock, a plant, a cat, your thoughts, feelings are all sending out signals. These signals are sent out every second of every hour of every day. They are sent out in two ways, consciously and unconsciously.

The richest people in the world have an attraction template that works for them even in their sleep! They earn \$1 million per hour no matter what they're doing. Their attraction template is so clear that it continues to work no matter what they're doing.

Conscious vibrations are thoughts, feelings beliefs such as "I want that car. I want to go on vacation." Unconscious vibrations are thoughts, feelings, beliefs such as "I will never succeed because no one in my family has ever succeeded. OR I don't deserve success because I don't work hard enough." ETC. The tricky part is that conscious thoughts are about 6+% and unconscious 90%+. If you're wondering about the last 4%, scientists argue about the numbers! Whatever the numbers are, your unconscious mind is HUGE!

If most of the thoughts, beliefs, feelings you have are negative in your unconscious mind you could be **SABOTAGING** your success or creating **RESISTANCE** without even realizing it. The Law of Attraction will simply magnetize everything that you're asking for. It never judges. It just hears your vibrations and brings it in.

When I work with my clients, either one on one or through the classes, our focus is to remove beliefs, thoughts, feelings that are **distorting your signal** in 4 layers of your being. Your physical layer (your

actions), mental (your thoughts, conscious mind), your emotions (your unconscious mind) and your spiritual layer (soul). By clearing the clutter in all 4 layers, you create a strong consistent vibration to magnetize quickly what you want.

Your physical layer is the action steps that you need to take to complete manifestations. For example, if you'd like to open a business, doing research into business plans, market analysis, financial funding that you will need, is the action step. Or if you're getting an intuitive nudge to take a class or read a book and you don't follow through, you're missing out on the action step. This step will help make your dreams into a reality, so a hiccup in this layer can slow you down.

Symptoms of hiccups in this layer are procrastination, letting the ball drop, not being clear about what steps you need to take or a clear plan of action and spending too much time doing busy work. When you don't have a clear idea about where you're going and what vehicle you will use to get there, you will feel very frustrated and exhausted. You will also miss all the help the universe is trying to give you. Having a clear road map or idea of what you want and don't want is a very important first step in making your vibration consistent.

The Law of Attraction doesn't judge, it just gives you whatever your vibration (signal) is saying. So if your vibration is saying that you're not clear about what steps to take, it will mirror back confusion and disorganization. If you continue to procrastinate, you will notice that people you're trying to make deals with will be slow to respond.

Your mental layer are your consistent thoughts that you say out loud or to yourself. Thoughts such as “I can do it”, “I'm smart enough.” OR “It's never going to happen”. “I'm being unrealistic”. People have approximately **62,500+ thoughts per day. 80% + of them tend to be negative.** There is a negative tape running over and over again in your brain. Reminding you of all the reasons why something won't work.

For many of my clients this **negative tape** or **movie** has been running for a very long time. You might not even recognize how addictive the thoughts and phrases you use are. Your brain has a comfort level, a set zone that keeps it stuck.

The symptoms of this layer are constant worry, repetition of phrases, gossip and even words, anxiety, stress, irritation with the world, and even exhaustion and depression.

Your emotional layer is where limiting beliefs and negative emotions live. Most of them are unconscious ones you have no idea about or even remember. Stored memories of childhood poverty, fear, struggle, family legacy, deserving issues, scarcity and much much more. This is a crucial layer. If there is anything unconsciously sabotaging you, you will take two steps forward and three steps back. This layer can slow you down tremendously. **You become your worst enemy.**

When I work with my clients, our goal is to find each and every limiting belief, thought, or feeling that

has been keeping them stuck. By freeing this layer, there is very little that will stop you!

The symptoms of this layer are self sabotage consciously or unconsciously. You might get that awesome deal and then not follow through with the calls. You attract the perfect mate and then start pushing them away with fights. You lose 10 pounds and then eat dessert every night for a week.

**This layer affects all parts of your life.** From your health, relationships, wealth, personal value. It's much harder to know the stuff stuck here because it's unconscious. You don't think these thoughts or feel these feelings all the time. But they do poke their ugly head out to stop you.

The last layer is spiritual. In this layer you're connected to your source. You may call it god, universe, energy, but it's your connection to why you are here. This is the layer of enlightenment. Enlightenment is being in a space of love and compassion most of the time.

In a happy, healthy spiritual layer, you know without a doubt that you are well taken care of and loved immensely. That everything you need, want and desire will come to you in miraculous ways if need be. That you have an amazing purpose on this planet. That you are never ignored.

Hiccups in this layer are being angry at god, universe for not giving you what you need. Feeling disconnected from everyone and everything. Not knowing your value and worth and how you affect every one else immensely.

These 4 layers working together create a template of how you attract consistently. A powerful vibration (signal) on the planet. This signal is going out all the time, awake or asleep it doesn't matter. By removing anything that doesn't serve your vibration, causes **RESISTANCE**, your template becomes clear and consistent. **You no longer react but are in full control of your life.**

In this program we will be clearing any thoughts, feelings, limiting beliefs, behaviors that are stopping you from success. All 4 layers of your being will be cleared so you can create a clear and precise template that serves your highest self and this planet.

We will be using **Emotional Freedom Technique (EFT)** to clear your template of the plague that is keeping you stuck.

# Emotional Freedom Technique (EFT)

EFT is an energy technique that is based upon the Chinese meridian system. It is often referred to as "A Unique Form of Emotional Acupuncture Without Needles". It releases emotional and physiological stress and pain by the root cause with a gentle tapping procedure on the body. Many times it seems miraculous to clients that issues decades old can be released or processed in few sessions. This process also releases limiting beliefs, sabotaging thoughts and behaviors.

EFT was created by Gary Craig. He was a Stanford Engineer who became a performance coach in the 90's. He was trained by Roger Callahan, a clinical psychologist who discovered, while working with a client with intense fear of water, that tapping on the meridian points removed the fear permanently. He continued to develop the process eventually calling it Callahan Techniques Thought Field Therapy. Gary Craig simplified and refined this process making it easily accessible to everyone.

**EFT is not a replacement for traditional therapy, or a substitute for medical diagnosis, therapy and/or treatment. Please note that EFT is an experimental technique. To date, there have been no adverse side effects as a result of using this technique. However, that does not mean you will not experience any. Always consult a medical doctor before starting a new regiment.**

## *Directions*

**Even if you don't have a particular issue in this book, please tap along anyways.** If it doesn't apply to you then it won't work but if there is any residual issues with it, it will be cleared.

**Feel the emotion that is coming up.** This is a normal process of release. By feeling the emotion while tapping you will be clearing it. If emotions are hard for you, then notice which part of your body feels tight, stuck, blocked.

**You might feel tired and sleepy, start yawning, feel tingling in parts of your body, want to quit, get a headache, feel relaxed. This is NORMAL.** It is part of the release process. Drink lots of water, sleep if you need to and allow your body to realign to it's natural state. After holding onto years of baggage your body needs some time to adjust to the new way of being.

**Take frequent breaks in between the tapping sessions.** There is no rush to get the program done. Take your time to go through it. Breathe deeply and frequently throughout the program.

**Tap between 5-10 times for each spot while you're saying the words out loud.** Don't worry if you do less or more. Your body intuitively knows what it needs.

**Please study the chart with all the points before you begin tapping.** It will make the process smoother and quicker. Remember that you will get better at it the more you do it. You don't have to tap hard to get results. A light touch is fine and please be careful around the eyes. They are very sensitive and can become red or puffy if you tap too hard.

**I use the word God at one point. If that doesn't make you feel comfortable, please use another word that does.**

## Setup Phrase

You will start by tapping the Karate Chop (KC) point and repeating a set up phrase. A set up phrase is giving your body and mind directions on what you need to have cleared. They tend to be negative, mimicking what is going on within your conscious and unconscious mind. You will repeat the setup phrase 3 times while tapping on the Karate Chop (KC) point.

For example:

**While tapping the Karate Chop say out loud.**

“Even though I have a fear of success, I deeply and completely accept myself.”

## Tapping on Body

After repeating the set up phrase 3 times while tapping on the Karate Chop (KC) you will start tapping on the body. You will tap between 5-10 times while saying the words and phrases out loud before moving onto the next point. These words and phrases are negative reminder phrases going to the root of the limiting belief or issue.

For example:

**While tapping on each of the points on the body say out loud.**

“Fear of success.”

## Positive Reinforcer

The reinforcer phrases are positive affirmations and beliefs that helps you stay in a higher vibration.

For example:

**While tapping on each point on the body say out loud.**  
“I am capable of handling success.”

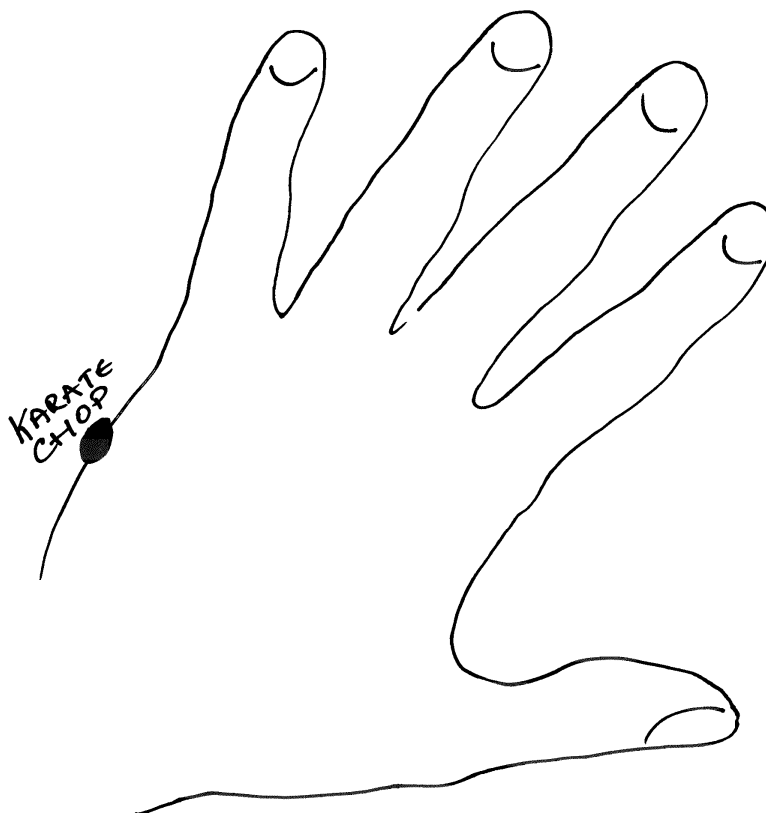
The three steps are:

Tapping on the Karate Chop point saying the set up phrase 3 times.

1. Tapping on the body using negative reminders.
2. Tapping on the body using positive reinforcer phrases.

At the end of the book are 3 powerful games to keep your vibration high and consistent. You can use them at any time of the day or night. Don't use heavy machinery or while driving.

## EFT Points



Karate Chop Point



1. Eye brow point (EB)
2. Side of the eye (SE)
3. Under the eye (UE)
4. Under nose (UN)
5. On chin (CH)
6. On collarbone (CB)
7. Under arm (UA)
8. On top of head (TH)

