



A Guided Tapping Meditation to Support You in Befriending Your Body

Jessica Ortner: Welcome to this tapping meditation to help befriend your body. Now, for a moment I want you to imagine a child who is scared and struggling with something, who is constantly faced with a parent who criticizes them for not being better. That parent continually shares how disappointed and betrayed they feel because the child isn't meeting their expectations. We can only imagine what the child is going to grow up to become. Constant criticism doesn't create an environment where a child can thrive. And the same is true for your body. And yet, many of us criticize our bodies every day. We hope that we can hate our bodies to health. True change begins with self-love and self-care, and knowing that no matter how our body feels, you will be there to love and support it. It's time to be a supporting and loving parent to your own body. This is how real change occurs. This tapping meditation was designed to help you befriend your body. We will begin by tapping on the points while expressing how you may be feeling about your body and the struggle.

As you give a voice to these feelings and stimulate the acupressure points, you're sending a calming signal to the brain, letting the brain know that even with these thoughts, it's safe to relax. You can move on to the positive statements when hearing them feel comfortable, when these statements begin to sound true. And as we tap while focusing on positive statements, we continue to calm the fight or flight response in the brain, allowing these thoughts to feel congruent because they, too, create a calming response. If you don't feel ready to tap on the positive, you can always pause this meditation and continue tapping on your own.

First notice right now how you feel when you think about your relationship with your body. Do you feel disappointed, angry, ashamed? Notice the feeling and notice where you feel that feeling in your body. And give it a number on a scale from zero to ten.

To begin, we are going to start by taking three deep breaths. So inhale through your nose, and a calming exhale through your mouth. Inhale, and exhale. Inhale, and exhale. Tapping on your karate chop point, repeat after me.

Side of Hand Even though I feel like I'm constantly fighting my body
I honor myself and how I feel
Even though I feel angry and disappointed when I think about my body

I honor myself and how I feel
 Even though I feel like I'm constantly fighting my body
 I honor myself and how I feel

Now, tapping on the rest of the points we're going to give a voice to this frustration. So tapping on your eyebrow point.

Eyebrow	This is so unfair
Side of Eye	This anger at my body
Under Eye	All this suffering
Under Nose	My body is attacking itself
Under Mouth	How can love something that causes me so much pain?
Collarbone	All this anger at my body
Under arm	This sense of unfairness
Top of Head	This struggle

EB	No one knows what I'm going through
SE	It's so isolating
UE	My body should be better by now
UN	This shouldn't be so hard
UM	I'm fighting with my body
CB	I'm trying to fix my body
UA	I criticize my body
TH	Because I want it to be better

EB	But maybe there is another way
SE	This has been so hard
UE	And I honor that
UN	It's often been heartbreaking
UM	And I acknowledge the struggle
CB	I have been doing the best I can
UA	My body has been doing the best it can
TH	We've been through a lot

EB	And it hasn't been easy
SE	I honor the journey I've been on
UE	And at my own pace
UN	I begin to open up to something new
UM	I think I could love my body

CB But only if it looks and acts a certain way
UA All these conditions I put around loving my body
TH My body deserves my love and care right now

EB When my body is struggling
SE Is when I need my kindness more than ever
UE I would never get mad at a child for being sick
UN I would show love and compassion
UM I begin to show myself that love and compassion
CB I deserve my own kindness
UA I deserve to nurture myself
TH I now begin to work with my body

EB I am open to communicating with my body
SE Dear Body
UE I know that you've been through a lot
UN And I've been so mad at you
UM I've wanted to shut you out
CB That now I understand
UA You've been trying to get my attention
TH I am here to listen

EB Dearest Body, I fully support you
SE You are not alone
UE I am here
UN I am present
UM I see you for everything you are
CB And I support you in feeling better
UA Dearest Body, we are in this together
TH Dearest Body, thank you for all you do for me

Take a deep breath in, and as you exhale, place your hands over your heart. And feel your heartbeat, feel how your breath expands your chest. Feel the life force in your body. Feel how your body supports you. Feel how much you support your body.

The music will continue playing and you can continue tapping, or simply take this time to integrate your experience. Notice your thoughts and feelings, notice that old emotion you measured at the beginning of the tapping meditation. How has it



shifted? You may feel inspired to begin to journal. What is your body trying to say? What does it need? Take note of any ideas that come to mind. Use this time for yourself.