



A Guided Tapping Meditation to Let Go of That "Perfect" Diet so You Can Eat to Honor Your Body

Jessica Ortnier: Welcome to this tapping meditation, eating to honor your body. When we think about eating healthy to support our body in healing, two awful, awful words tend to come to mind – diet and restrictions. Our relationship with food takes on a stress of its own as we either think that we need to follow a perfect plan or if we can't follow that perfect plan then we should simply just give up. This tapping meditation is designed to help you look at your relationship with food and healthy habits in a new way. It's not about being perfect, it's about being present with how you feel and how you eat. Dr. Kim shared the importance of experimenting with what makes us feel good. It's this openness to try new things and experiment that helps us discover what is best for our unique body. So another quick reminder around how this works. We're going to begin by tapping on the points while expressing how you may be feeling about eating habits in general, the stress and the pressure. And as you give a voice on these feelings and tap on these acupuncture points, you're sending that calming signal to the brain, letting your brain know that even though you have these stressful thoughts, it's safe to begin to relax. And when we think about these stressful thoughts in a relaxed state, those thoughts don't have the same power over us. It's easy to let them go and create a more positive relationship with food. And when you feel ready, we'll move on to the positive statements.

You want to move on to the positive statements when hearing them feels comfortable, when it begins to feel true. If it doesn't feel true yet you can simply pause and continue tapping on how you feel. As we tap while focusing on positive statements, we continue to calm that fight or flight response, allowing the feeling of being congruent because these thoughts also create a calming response. So we're going to begin by taking three deep breaths together. Inhale through your nose, and exhale through your mouth. Inhale through your nose, and exhale through your mouth. One last time – inhale, and exhale. Tapping on your karate chop point, repeat after me.

Side of Hand Even though I feel so stressed when I think about what I should and shouldn't eat
I accept how I feel and it's safe to relax
Even though I feel this pressure to eat perfectly
I honor how I feel and it is safe to relax
Even though I have been so hard on myself

I accept how I feel and I begin to relax

Eyebrow	Here I am again
Side of Eye	Trying to eat healthier
Under Eye	But I can never stick with it
Under Nose	All of this frustration
Under Mouth	All of this anger
Collarbone	It feels easier for everyone else
Under arm	I honor all of these feelings
Top of Head	It hasn't been easy
EB	Diets feel like such a burden
SE	And I beat myself up when I don't do it perfectly
UE	So what's the point of trying?
UN	I honor this frustration
UM	I often turn to food when I'm frustrated
CB	Food is always there for me
UA	I don't want to let go of the foods I love
TH	I honor this fear around having restrictions
EB	I have tried so hard in the past
SE	Maybe I don't need to try harder
UE	Maybe I need to try something different
UN	I have a unique body
UM	I have a unique life
CB	I'm open to discovering what's right for me
UA	With a playful spirit
TH	This is my journey
EB	And I am willing to try something new
SE	I am willing to experiment
UE	I will take what serves me
UN	And I leave what doesn't
UM	My body is so fascinating
CB	I learned how it works
UA	I notice how I react to foods
TH	Through being present, I discover what works best for me
EB	It's easy to take care of something I value

SE The more I value my body
UE Just the way it is
UN The easier it is to take care of it
UM I replace perfect
CB With being present
UA I am present with my food
TH I am present with my body

EB As I quiet my mind
SE And feel centered in my body
UE I begin to notice the extra love and nourishment my body needs
UN I trust my intuition is leading me to healthy choices
UM I become more and more curious about how to support my body
CB This is fun and easier than I thought
UA I take it one choice at a time
TH I'm attracted to foods that help my body thrive

EB I bring new awareness to how my body feels
SE What I thought was my body betraying me
UE Is my body trying to get my attention?
UN I have become curious as to how I react to different foods
UM And I begin to experiment to find what is right for me
CB I now listen to my body
UA I am open, curious, and patient
TH I am fully present with my body and what it needs

Now take a deep breath in, and as you exhale place your hands over your heart, feeling your heartbeat, feeling the way that your breath expands your chest, feeling the life force within your body, feeling how powerful your body really is, and notice how you feel. Has your body been trying to tell you something? The music will continue to play and you can continue tapping, or simply take some time to integrate your experience. You may want to journal. Ask yourself, how can I better support my body? How can I make healthy choices easier and more pleasurable? Take note of any ideas that come to mind. Use this time for yourself.