



A Guided Tapping Meditation to Release All of Your "What If" Thoughts Around Starting The Program

Jessica Ortner: Hello and welcome, this is Jessica Ortner. And here you are with your first tapping meditation. When we start a new program, and especially if we are in a position where we feel desperate to make a change, a lot of emotions and thoughts can come up. How long will this take? Am I doing it right? Is it safe for me to have hope that this will work? There is often a fear of being disappointed and that fear can stop us from being open to trying, to experimenting, to being curious and patient as the process unfolds. I have seen firsthand the just incredible results that tapping produces, the way that the body responds. And something else extraordinary happens when we tap. When we begin to take care of our emotional health, taking care of our physical health becomes easier. Without the heavy weight of fear and worry, we find our flow. Ideas flow, actions flow, and we find what's right for our unique journey. This tapping meditation was designed to relieve any anxiety you have around starting this program. And we're going to begin by tapping on the points while expressing how you might be feeling about starting something new, and as you give a voice to these feelings and you tap on these acupressure points, what you're doing is sending a calming signal to the brain, letting your brain know that even though you have these worries and these thoughts that it is safe to begin to relax. When we can think these stressful thoughts but feel relaxed in our body, well those thoughts don't have the same power over us. It becomes easier to let them go and have a more positive experience. So as we tap you can also move on to positive statements when hearing them feels comfortable, when the statement begins to feel true. And if doesn't feel true just yet, you can always pause the audio and continue tapping on your own on how you feel, on honoring how you feel. As we tap while focusing on positive statements, we continue to calm that fight or flight response in the brain, allowing these thoughts to feel congruent because they, too, create a calming response.

So we're going to begin by first just noticing how you feel. So when you think about starting something new, do you tend to have some nervousness, some anxiety, some pressure? Is your mind filled with fears of doing it wrong? Notice how you feel and notice where you feel it in your body. And give it a number on a scale from zero to ten. And we're going to begin together by taking three deep breaths. Inhale through your nose, and a calming exhale through your mouth.

Inhale, and exhale. Inhale, and exhale. Tapping on your karate chop point, we're going to begin with a setup statement.

Side of Hand Even though I'm scared this won't work for me
I accept myself and how I feel
Even though I'm scared of doing it wrong
I accept myself and how I feel
Even though I'm scared of being disappointed again
I accept myself and how I feel

Now we're going to tap on the rest of these points while giving a voice to any of these fears.

Eyebrow I desperately want to make a change
Side of Eye But part of me is scared of doing it wrong
Under Eye I'm scared it won't work for me
Under Nose I have tried everything
Under Mouth And I don't want to be disappointed again
Collarbone This has been so hard to live with
Under arm I'm ready to get better
Top of Head Part of me is scared to try

EB All this pressure I put on myself
SE This sense of unfairness
UE I'm tired of trying
UN All of this anxiety about trying something new
UM No one knows what I've been through
CB I'm scared it won't work for me
UA I'm scared of doing it wrong
TH I'm scared I won't do it perfectly

EB I'm so good at putting pressure on myself
SE I thought it's what I needed
UE To finally make a change
UN But I'm open to a new way
UM I'm open to look at this in a new way
CB No one knows what I've been through
UA So I honor my unique experience
TH And I am open to something new

EB I trust my process
SE I give myself permission to experiment
UE I give myself permission to make this fun
UN I look past my physical symptoms
UM And give my whole life the loving attention it deserves
CB Everything is connected
UA I celebrate every small success
TH And the more I celebrate every step forward

EB The more comfortable I feel with change
SE I take what serves me
UE And simply leave what doesn't
UN I trust my intuition
UM I have faith in myself
CB I trust life
UA I am here for a reason
TH I replace all criticism with curiosity

EB I am ready to explore my life in a new way
SE I am ready to explore the loving message behind my symptoms
UE I am ready to befriend my body
UN I move at my own pace
UM It's easy to have patience
CB When I trust my own journey
UA I am here for a reason
TH And I am ready

Take a deep breath in. And as you exhale, notice how you feel, notice how you breathe. Think about that old emotion you measured at the beginning of the tapping meditation, how has it shifted? The music will continue to play and you can continue to tap, or take this time to integrate your experience. Pay attention to your thoughts and feelings, and you may feel inspired to begin to journal. As you begin this program, as you start this journey, what is something you need to remind yourself of? How can you better support yourself? Notice anything that comes to mind. Use this time for yourself.