

Jessica: This is Jessica Ortner and welcome to the tapping meditation to support you in forgiving yourself. This meditation is based on the interview I did with Iyanla Vanzant for the Tapping World Summit 2014.

Let's begin by taking three calming breaths. Inhale through the nose, and exhale through your mouth. Inhale, and exhale. Inhale, and exhale. Begin by tapping on the karate chop point and repeat after me:

SH: Even though there is a part of myself,
That doesn't want to forgive myself,
I deeply and completely love and accept myself.

Even though there is a part of me,
That feels that I can never forgive myself,
I deeply and completely love and accept myself.

Even though there is a part of me,
That doesn't feel it's right to forgive myself,
I deeply and completely love and accept myself.

EB: I feel so guilty and ashamed,
SE: I can't forgive myself,
UE: For what I've done,
UN: For what I've thought,
CH: I feel a need to mistreat myself,
CB: I can't change what happened,
UA: So I punish myself instead,
TH: I've become so good at mistreating myself.

EB: I can work on forgiving others,
But I can't forgive myself,
SE: It's safe to give this resistance a voice,
UE: All of the judgments I have about myself and what I've done,
UN: It feels wrong to forgive myself,
CH: All this guilt, shame, embarrassment and blame,
CB: Since I can't change the past,
I replay the pain,
UA: It feels like the only thing I can do,
TH: Maybe there is another way,

EB: But this is the only way I know,

SE: All this resistance I have to forgiving myself,
UE: I do it out of a desire to fix things,
UN: But what if there really was another way,
CH: I'm beginning to understand,
CB: That until I forgive myself,
I will continue to create this pain in my future,
UA: But it sometimes feels impossible to forgive myself,
TH: Maybe I can take this one step at a time,

EB: I would never treat someone else,
The way I treat myself,
SE: I allow myself to feel compassion towards myself,
UE: I was doing the best I could,
UN: Now that I know better, I do better,
CH: The past hurts so much,
Because I was veering away from my truth,
CB: The truth is I am a good person,
UA: The truth is I deserve my own forgiveness,
TH: The truth is that I've already begun the process of self-forgiveness,

EB: I begin to think in ways,
That help me release this guilt and shame,
SE: There is a divine part of me that is ready to let go,
UE: I can forgive my past,
UN: I have everything I need inside of me,
To create a bright future,
CH: It begins with self-forgiveness.
CB: Maybe everything is a lesson,
UA: A lesson that's leading me to a great future,
TH: My future is bright.

EB: Even though I have some stubborn judgments about myself,
SE: I allow myself to relax and open to the possibilities,
UE: I'm in the process of self-forgiveness,
UN: I begin to listen to my heart,
CH: I am tapping into the power of forgiveness right now,
CB: I take the lessons from the past,
And I release any pain,
UA: It is safe for me to feel good,
TH: I allow my heart to experience my own love and forgiveness.

Take a deep breath in, and exhale. Now place both hands on your heart, and take another deep breath. From this place ask your heart, “What lessons do I need to learn from the past, and how are these lessons leading me to a brighter future?”

Know that anytime you feel yourself going into that old pattern of judgments and self-criticism just place your hand on your heart and again ask yourself, “What can I learn from this?”

Honor yourself for going through this short tapping process, and make the commitment to spend some time every day tapping, so that you can make forgiveness a gentle and beautiful process.