

Jessica Ortner: Welcome to this tapping meditation designed to help parents who feel overwhelmed and worried about their child. This is Jessica Ortner. If you are new to tapping, make sure you visit us at TheTappingSolution.com to learn this simple, yet powerful, process. We are going to begin tapping while focusing on any frustration you may feel in order to honor it and release it and then move on to the positive. As always, if the language doesn't apply to you, you can change it to fit your needs. As you tap notice any ideas, thoughts, impressions, ideas, emotions, specific memories that you can tap on either during this meditation or on your own. The more specific you can be with your particular experience, what you are feeling, what happened, what you believe, the better your results are going to be with the tapping.

Before we begin, check in with how you're feeling. When you think of your child do you feel worried, frustrated, or simply a sense of tension in your body? Take note of how you feel and give it a number on a scale of one to ten, ten being the most intense. And we are going to begin by taking three deep breaths. Inhale through your nose, 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 am so worried about my child
I love and accept myself and it is okay for me to relax now.
Even though I am so worried about my child
I love and accept myself and it is safe for me to relax now.
Even though I am so worried about my child
I love and accept myself and I allow myself to relax.

Eyebrow I am so worried
Side of Eye I just want to do what's right.
Under Eye I am so scared
Under Nose Everyone seems to have an opinion.
Under Mouth And it is so overwhelming.
Collarbone I just want to help my child.
Under arm This fear of doing it wrong
Top of Head This fear of not doing enough.

EB All this pressure that I feel
SE All this frustration and sadness
UE All this guilt
UN It is safe to honor how I feel.
UM I have been so hard on myself.

CB All of this pressure
UA I am scare my child won't get better.
TH I am scared of making the wrong decision.

EB It is safe to acknowledge all these emotions.
SE I acknowledge the hard position I am in.
UE And I give myself permission to relax now.
UN I can love my child deeply
UM And still release this worry
CB Worry doesn't equal love.
UA It simply blinds me
TH From seeing what's best for us.

EB It is safe to begin to relax.
SE It is safe to begin to trust.
UE I am open to new ideas
UN I am open to little miracles every day.
UM Even within this chaos.
CB I choose to feel calm and confident.
UA I am open to learning new things.
TH Every answer I need begins to come my way.

EB I acknowledge how well I am doing under these hard circumstances.
SE I have been doing the best I can.
UE And I release any guilt.
UN I am patient with myself and my child.
UM I can only give what I feel.
CB And I feel love and peace
UA And it is now mine to share with my child.
TH Because all that matters is this love.

EB I relax into that knowledge.
SE I am being guided.
UE I trust my own intuition.
UN I let go of perfection.
UM It is safe to ask for support.
CB I support myself with patience, love, and compassion.
UA I support my child with patience, love, and compassion.
TH Miracles are on their way.

Take a deep breath in, exhale. Begin to check in with how you feel. Look back at the old emotion and notice if the number on the intensity scale has shifted. Notice if any ideas or thoughts appear while you tapped. When we begin to relax we become intuitive, innovative, and resourceful. It is important to take note of any ideas that come to us while we tap. And as you look forward at the days ahead, whenever you feel overwhelmed, what is one piece of advice you would like to give yourself? What do you need to remember in those moments as you begin to breathe deeply and feel centered in your body? What do you need to remind yourself of?

Again, this is Jessica Ortner and from everyone here at The Tapping Solution we wish you the very best.