



Jessica Ortner: Welcome to this tapping meditation to support your body in healing. Facing a health challenge can feel overwhelming and scary. Our body can tense up the same way it does when it feels threatened by an outside force, yet our biggest ally in healing is relaxation. When we allow our body to truly release tension and relax, we aid the healing process. Notice any stress or tension you feel in your body.

Notice where you feel it in your body. Is it in your chest, in your stomach, in your neck? Simply give that stress and tension a number from a scale of zero to ten. How intense does it feel? We're going to begin the process now by taking a deep, calming breath. Inhale, and exhale. Tapping on your karate chop point, repeat after me.

Side of Hand Even though I'm faced with this health challenge
And it feels overwhelming
I honor how I feel
And I give myself permission to relax
Even though I have been struggling
I give my body permission to relax
Even though I feel overwhelmed when I think about my health challenge
I honor everything I have gone through
And I give my body permission to relax

Eyebrow I have been dealing with a lot
Side of Eye And my body has been suffering
Under Eye I honor how hard this has been
Under Nose And everything I have been through
Under Mouth I felt frustrated with my body
Collarbone And often impatient
Under arm I acknowledge all this tension in my body
Top of Head And I give myself permission to relax

EB This health challenge
SE All of this worry
UE All this uncertainty
UN I recognize how hard this has been
UM I acknowledge my journey



CB	I have been doing the best I can
UA	I have been fighting against this health challenge
TH	I am open to a new way
EB	I work with my body
SE	I trust my body
UE	My body tells me what it needs
UN	And I am here to listen
UM	I fill my body with the energy of love
CB	I fill my body with the energy of gratitude
UA	My body is here for me
TH	And I am here for my body
EB	I give myself permission to relax fully
SE	It's safe to trust my body
UE	As I nourish my body
UN	I begin to flourish
UM	As I feel more and more relaxed
CB	My body can do what it's designed to do
UA	It's designed to heal
TH	The process has already begun
EB	With every tap
SE	My body relaxes more and more
UE	As I release this stress
UN	My muscles relax more and more
UM	As I continue to tap
CB	My cortisol levels go down
UA	My hormones begin to go back into balance
TH	My immune system grows stronger
EB	I am creating a healing environment
SE	By filling every cell in my body with love
UE	I say no to things, people, and events that don't serve me
UN	I say yes to my body
UM	I say yes to relaxation
CB	I say yes to acknowledging my value
UA	I say yes to my power to heal
TH	The process has already begun



Now, take a deep breath in and as you exhale, place your hands over your heart as ask, 'Body, how can I continue to support you?' Take a moment as you continue to breathe deeply, noticing any thoughts or ideas that come to mind. Now, check in with that old feeling overwhelm and notice if the number has changed. You can take time now to continue to tap, journal your thoughts, or simply breathe deeply. Take a few minutes to do what feels best for you.