

Nick Ortner: Hi, this is Nick Ortner from TheTappingSolution.com. If you are new to tapping, visit our website to learn the basics of the process. In this tapping meditation, we will overcome a common block to productivity – and that’s procrastination. Even if it is a task or project we want to do, even one we enjoy, getting going can be challenging. Instead of getting started, we make a phone call, check social media, start laundry, work on a different project – really anything that allows us to continue procrastinating. The real reason we procrastinate though is not the task itself but often the emotions that we are feeling around the task. Sometimes the task may just seem too hard and there is some fear or resistance to exerting ourselves in that way, or perhaps we feel anxiety around having to learn a new skill or make a decision we are uncomfortable making. Other times we may be afraid we won’t do a good enough job and worry what other people will think. There are lots of reasons we procrastinate and we are not always even aware of those reasons. But at the root of procrastination we usually find unresolved emotions. In this tapping meditation we will focus on releasing those emotions so we can stop procrastinating and get going on whatever it is we need to do.

Today’s meditation is meant to serve as a guide to get you tapping on this topic and give you some general language and ideas on how to tap. 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, 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’re feeling exactly, what happened, what you believe, the better your results are going to be. Let’s start by focusing on what you’re currently feeling. We will spend a few minutes doing negative or truth tapping, not to anchor it in but rather to acknowledge it and let it go. Feeling safe to acknowledge how we feel, to speak the truth about our current experience is one of the most powerful things you can do.

To begin focus on one task or project you have been procrastinating on. You may have a list of things you have been procrastinating on, which is totally normal, but for now just pick one. Really think about that one task or project and notice how you feel about getting started on it. Also, think about putting off that task or project a little longer and notice how that feels. On a scale of zero to ten how uncomfortable do you feel about getting started on your task? Write that number down if you can or just remember it.

Let’s start by taking three deep breaths in. Feeling grounded and safe in your body, present in this moment in time, and we will start by tapping three times on the side of the hand, the karate chop point.

Side of Hand Even though I really don't want to get going on this project
I just don't want to deal with it.
I love myself and accept how I feel.
Even though I would really rather keep procrastinating
I deeply and completely love and accept myself

Even though I really don't want to deal with this
It's so much easier to keep putting it off
I love myself and accept how I feel

Eyebrow I just don't want to deal with this
Side of Eye I would rather just put it off
Under Eye It just feels like too much
Under Nose I don't really have time to get it done anyway
Under Mouth And I don't want to deal with making decisions on it
Collarbone I already have too much to do
Under Arm I can't make room for this project right now
Top of Head Besides, I work better under pressure

EB I'll probably feel more like dealing with this tomorrow.
SE But what if I don't want to deal with this tomorrow either?
UE I don't want to do this right now.
UN It feels too hard.
UM But what if it's not too hard?
CB Maybe I am just putting too much pressure on myself.
UA What if I could just take one step forward?
TH I don't have to do it all now.

EB I don't have to make the perfect decision.
SE I don't have to do everything perfectly.
UE I can take one step forward now.
UN Doing just a little bit.
UM Feeling safe, getting started.
CB I can see myself doing this.
UA I can see myself accomplishing this task.
TH I don't have to do it perfectly.

EB All the stress in my body around this task
SE Part of me doesn't want to do it.

UE And I put so much pressure on myself.
UN To do it right
UM To get it done.
CB What if I could release all this pressure from my body?
UA What if I could let it all go?
TH Letting go of all the stress and pressure around this task.

Keep tapping through the points at your own pace. Eyebrow, side of the eye, under the eye. Don't worry about getting it perfect. If you miss a point, that's okay. Just tap through the points and I want you to imagine completing this task, see yourself doing it. See yourself writing that email or that book, cleaning up that clutter, making that phone call. Whatever you are procrastinating on, see yourself doing it. And tune into any resistance that you may feel in your body. When you see that image, what do you feel? Is there a fear? Is there anxiety? What comes up as you see that image? Keep tapping through the points, acknowledging these feels, feeling that stress and tension in your body and feeling release, see that image. And feel any emotions, any memories that come up that might be holding you back. See them, feel them, and let them go. See yourself completing this task, feeling safe, strong, and confident. And just watch as all the resistance melts away. And just feel that new energy coming forward. As the resistance melts away, you find a part of you that says, 'I want to do this. It's going to feel so great to get it done. I can do this. I have this within me. It's time to get it done. It would feel so good. It would feel so natural and safe to get this task done.'

Feel that energy in your body and feel the joy that comes with it – the joy and the strength. This could be fun. What if I could make this fun? Feel these feelings, see the image, tapping through the points. You're getting it done, it's happening. It's time. Feel these great feelings in your body as the resistance melts away and you're ready to go.

And when you're ready you can gently stop tapping and take a deep breath. Tune back into that previous discomfort about moving ahead on this project. Give it a number of intensity on a scale of zero to ten. What else came up during that process? What other ideas, memories, or beliefs? Can you see yourself getting started now? If you're still feeling any resistance, just keep tapping. You can start this meditation from the beginning or tap on your own, where you are, imagining yourself doing this project, taking action, and releasing any resistance around it. I know you're ready to go so I won't keep you any longer so you can move on to this task move on to this important step, big or small, in your life.



Until next time, this is Nick Ortner from TheTappingSolution.com. Take care and keep tapping.