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Jessica Ortner: Welcome to this tapping meditation to help you release overwhelm and start your day feeling empowered and inspired. This is Jessica Ortner from TheTappingSolution.com. By using this tapping meditation, you agree to the disclaimer at [TheTappingSolution.com/disclaimer](http://TheTappingSolution.com/disclaimer). This meditation is ideal for the morning, but it can be used at any time when you feel you need some extra support. Just a reminder that tapping is always the most effective when you use your own words. This tapping meditation was designed to serve as a powerful guide. We will begin by tapping on the points while expressing how you may be feeling. What feels true in the moment? The frustration, the anxiety, the overwhelm. As we give a voice to these feelings and stimulate the acupuncture points, we are sending a calming signal to the brain, letting the brain know that even with these thoughts it is safe to relax.

When we can think of these stressful thoughts in a relaxed state, they don't have the same power over us and it becomes easy to let them go and have a more positive experience. Move to the positive statements only when hearing them feels comfortable, when these statements begin to sound true. As we tap, focusing on positive statements, We continue to calm the fight or flight response in the brain, allowing these positive statements to feel congruent because they, too, create a calming response.

So let's begin the process by checking in with your body. Notice if you feel any tension. Notice your stomach, your chest, your neck, your head. Notice where you carry tension and give it a number on a scale from zero to ten. Just take note of this number and we are going to begin the process by taking three calming breaths. Inhale through your nose, and exhale through your mouth. Inhale, and exhale. Inhale, and exhale. Now tapping on the karate chop point, repeat after me.

Side of Hand Even though I feeling anxiety and overwhelm about this upcoming day  
I accept myself and all of these feelings  
Even though I am feeling anxiety and overwhelm about the upcoming day  
I honor how I feel and I choose to begin to relax  
Even though I am feeling anxiety and overwhelm about this upcoming day  
I honor how I feel and I am open to feeling calm and confident

Now, tapping on the eyebrow point we are going to give a voice to these concerns.

|             |  |
|-------------|--|
| Eyebrow     | All of this overwhelm                                      |
| Side of Eye | There is so much to do                                     |
| Under Eye   | And I am scared I can't get it all done                    |
| Under Nose  | I am scared it won't be enough                             |
| Under Mouth | I have been holding on to this panic                       |
| Collarbone  | Because part of me thinks it will motivate me              |
| Under arm   | If I don't panic it means I don't care                     |
| Top of Head | Is that really true?                                       |
|             |  |
| EB          | I have become addicted to this stress                      |
| SE          | It has become such a big part of my life                   |
| UE          | Part of me feels like it is a badge of honor               |
| UN          | I need it to show that I am doing enough                   |
| UM          | It shows I am trying my hardest                            |
| CB          | But I am so tired of this pattern                          |
| UA          | This habit of overwhelm and stress is exhausting           |
| TH          | Maybe I can release this panic                             |
|             |  |
| EB          | And be more productive                                     |
| SE          | Maybe I can release this overwhelm                         |
| UE          | And be more innovative and creative                        |
| UN          | I have been holding on to this stress for so long.         |
| UM          | I am willing to give it a try                              |
| CB          | Today is a new start                                       |
| UA          | I notice the stress leaving my body                        |
| TH          | I have everything I need inside of me now                  |
|             |  |
| EB          | I relax even deeper  |
| SE          | By remembering that I am being guided by something greater |
| UE          | I thought I needed this stress                             |
| UN          | But as I begin to relax                                    |
| UM          | I become more innovative                                   |
| CB          | I have greater clarity                                     |
| UA          | This stress created so much noise in my life               |
| TH          | I am now ready to focus                                    |
|             |  |
| EB          | What is one thing I can do today                           |
| SE          | That will bring me one step closer to my goal?             |
| UE          | What is one thing I can do today                           |

|    |   |
|----|---|
| UN | To support my body?   |
| UM | What is one thing I can do today                            |
| CB | To nourish my spirit?                                       |
| UA | I create space for what is important to me                  |
| TH | By saying no to what doesn't serve me                       |
| EB | I focus on what is important to me                          |
| SE | As I release this stress                                    |
| UE | It is easy to move away from anything that doesn't serve me |
| UN | I know what is right for me                                 |
| UM | It is safe to take chances                                  |
| CB | It is safe to make mistakes                                 |
| UA | It is safe to experiment                                    |
| TH | Without this stress I am fully present                      |
| EB | And I learn what I need along the way                       |
| SE | And if I feel off-centered at any point today               |
| UE | I can simply pause and honor how I feel                     |
| UN | And I ask myself  |
| UM | What do I most need to help me feel better?                 |
| CB | Because it is through feeling good                          |
| UA | That I find the answers I need                              |
| TH | Stress never leads me to the answer                         |
| EB | I feel myself being guided                                  |
| SE | I have the courage I need to step forward                   |
| UE | And the sense of humor I need to face any obstacle          |
| UN | Maybe this is easier than I thought                         |
| UM | Because I focus on how I want to feel                       |
| CB | I choose to feel strong                                     |
| UA | I choose to have courage                                    |
| TH | I choose to be present                                      |
| EB | I can make the best decisions for myself                    |
| SE | I choose to feel flexible and resourceful                   |
| UE | I am ready  |
| UN | I choose to feel inspired                                   |
| UM | I notice everything that is going well                      |
| CB | I release any remaining stress                              |



UA  
TH

For I am exactly where I am meant to be  
And today I celebrate the gift of being alive by focusing on how I truly want to  
feel

Take a deep breath in, and exhale. With your eyes closed, gently place your hand over your heart. How do you need to feel today in order to have a wonderful day? Do you need to have extra courage, extra love? Do you need extra kindness so you can allow yourself to move slowly and gently today? Or do you need a playful spirit so that you can jump into a new project?

When you think about what you need, I want you to give it a color – any color, the first color that comes to mind. Imagine that color flowing right in front of you. Maybe it is a beautiful mist. Now, with your hands still placed on your heart, take a deep breath in through your nose and inhale that feeling. Inhale that love and that courage, that playfulness, that kindness, whatever it is for you. Continue taking deep breaths as you inhale that color into your lungs, into your heart, knowing that anytime today when you want to feel these feelings you can simply take a deep breath and feel them inside of you. Feel free now to spend some time in these feelings. I will continue to play the music as you breathe. Breathe in these feelings, giving yourself time to integrate this process. Take your time, and when you're ready open your eyes and start your beautiful day.