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Jessica: Welcome to this tapping meditation to support you in connecting to and trusting your intuition. This is Jessica Ortner from TheTappingSolution.com. One of the biggest blocks to being able to connect to and trust our intuition is worry and overthinking. Have you ever noticed that we get great ideas in the shower? By relaxing our mind becomes quiet enough for us to hear the whispers of our intuition. We can go throughout our day and feel open to notice the possibilities around us.

Let's begin now by taking a moment to start to notice the stress and tension you feel in your body. The stress and tension that stopped you from relaxing and connecting to your intuition. Notice where you feel it in your body. Maybe it's in your stomach or shoulders or in your jaw. Notice where, in your body, you feel that tension and give it a number from 0-10. Now that we know our starting point we can begin with a deep, calming breath.

Tapping on the karate chop point. Repeat after me.

SH: Even though I've been feeling stressed and tense,  
I acknowledge how I feel,  
And, I give myself permission to relax.

Even though I'm thinking a lot but not finding the answers I'm looking for,  
I acknowledge how hard this had been,  
And, I give myself permission to relax.

Even though I've struggled to connect with my intuition,  
I accept myself,  
And, I give myself permission to relax.

Jessica: Tapping on the eyebrow point, we're going to give a voice to this struggle, to this tension in order to release it. So repeating after me, tapping on the eyebrow point.

EB: All this stress I hold on to.

SE: This tension in my body.

UE: I feel on guard.

UN: Because something needs to change.

UM: But, I'm not sure what to do next.

CB: I've been holding on to this stress and tension.

UA: Hoping it would motivate me to make some changes.

TH: But, it leaves me feeling more stuck.



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EB: I'm trying so hard to figure out what to do.  
SE: But, the more I think about it,  
UE: The more stuck I feel.  
UN: I've been going around in circles in my mind.  
UM: I know something needs to change.  
CB: So, I've been thinking and worrying.  
UA: I've allowed myself to be pulled in so many directions.  
TH: I'm craving more balance in my life.

EB: I allow myself to begin to relax.  
SE: Right now and right here.  
UE: I am okay.  
UN: Even though I don't have all the answers.  
UM: I can be present and calm within my body.  
CB: It can sometimes feel difficult.  
UA: Because I am trying so hard to control things.  
TH: I've been trying so hard to worry my way out of this problem.

EB: Maybe this worry is holding me back.  
SE: Maybe I can begin to feel what I want now.  
UE: I feel calm and centered.  
UN: I feel a sense of hope and anticipation.  
UM: Something amazing is right around the corner.  
CB: I can feel it now.  
UA: Even before anything changes,  
TH: I can become open to my intuition.

EB: I pay attention to the support I have around me.  
SE: I begin to trust my gut feelings.  
UE: Even when they don't make logical sense.  
UN: I approach life with a sense of playfulness.  
UM: I allow myself to be pulled by my desires.  
CB: I am being guided by my intuition.  
UA: I release the need to know all the answers.  
TH: I am open to discovering the next step.



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EB: It begins by feeling good now.  
SE: I am open to the signs and omens all around me.  
UE: I am in conversation with the universe.  
UN: My intuition receives the messages.  
UM: My imagination shows me the possibilities.  
CB: I am divinely directed, and always protected.  
UA: I don't need all the answers now.  
TH: I simply stay relaxed and open.

Jessica: Now, take a deep breath. And as you exhale, check in with your body. Notice the parts of your body that was holding on tightly to tension and notice the shift. Again, give it a number from 0-10. Just by tapping for a few minutes you're able to release stress and calm your nervous system. If you'd like to continue tapping on your own, please do so. Or, simply take a minute to notice the shift and what thoughts and ideas have come to mind. That, my friend, is your intuition.