



Mary Ayers: Hi, this is Dr. Mary Ayers for The Tapping Solution and in this tapping meditation we will be quieting fears you may have about your baby. If you are not familiar with tapping, please visit TheTappingSolution.com and enter your name and email for a free guide on the tapping process. By listening to this meditation and tapping, you acknowledge you have read and agree to the disclaimer on TheTappingSolution.com/disclaimer. There is so much happening inside you and your body during pregnancy and so many women worry about their baby. Is she developing okay? Is he the right size? In the right position? Getting enough rest? Growing at the right rate? Questions abound and all of those unknowns can create a lot of fear. The best thing you can do for your baby and yourself is lower your stress and let go of the fears that come along with pregnancy. And that is what we will be focusing on in this meditation.

To begin, focus on all your fears, all the unknowns and questions you can't answer. Give them a number of intensity on a scale of zero to ten with ten being the most fearful you can imagine feeling and, as always, as we are tapping, feel free to change the words and use ones that reflect how you feel. Now, let's begin by taking a couple of deep breaths. Inhale and exhale. Inhale and exhale. And let's begin by tapping three times on the karate chop point.

Side of Hand Even though I have all this fear around the health and development of my baby
I love myself and accept how I feel
Even though I feel so afraid that something could go wrong with my baby
I deeply and completely love and accept myself
Even though I feel so fearful about the health and development of my baby
I deeply love and accept how I feel

Eyebrow All these fears
Side of Eye It is so scary thinking that something could go wrong
Under Eye I just want a healthy baby
Under Nose I am so afraid something isn't happening the way it should
Under Mouth And it is so scary even saying that
Collarbone All these fears about my baby
Under arm What if she is not okay?
Top of Head What if he is not developing right?

EB So many fears about my baby
SE So scary not knowing what is happening every day

UE There is so much changing, so much happening, and it really scares me
UN Because what if I don't know when something is not happening the way it is supposed to
UM So scary not knowing what's happening
CB All these fears about my baby
UA There is so much happening inside my body
TH And it is so scary not knowing for sure what is going on in there

EB There are so many changes happening inside me every day
SE But that is a good thing
UE That is what is supposed to be happening
UN Maybe I can begin to trust my body more
UM And let go of some of this fear about my baby
CB My body already knows how to do this
UA Women have been having babies for millennia
TH And I don't have to be afraid of these changes

EB It is safe to trust that my body knows how to do this
SE It is safe to let go of these fears about my baby
UE Letting go of all of these fears now
UN I can trust my body to do this
UM It is amazing what my body can do
CB I am so grateful my body knows how to do this
UA And I don't have to be afraid
TH I can trust my body to support this life inside of me

EB Releasing all these fears now
SE I don't need to be afraid
UE I can feel safe
UN Knowing my body knows how to do this
UM I love my body for doing this
CB I love my body for nurturing my baby's health and development
UA It is safe to let go of all these fears now
TH And trust that my body knows how to do this

EB I can trust that my body will let me know what I need to know
SE And I can trust that my body will nurture and support my baby
UE It is safe to trust my body with my baby
UN It is safe to focus on taking care of myself



UM So my body can take care of my baby
CB We're a great team – me, my body, and my baby
UA It is amazing what we can do together
TH And it is safe for me to relax and enjoy our journey

Take a deep breath. Now give your fear and anxiety a number on a scale of zero to ten. Keep tapping if you would like and know that you can return to this tapping meditation as often as you'd like. All of us here at the Tapping Solution wish you peace, health, and wellness in pregnancy and beyond. Namaste.