



Mary Ayers: Hi, this is Dr. Mary Ayers with The Tapping Solution and in this tapping meditation we will be getting energized to exercise, which can be especially challenging when you are pregnant. And if you are not familiar with tapping please visit [TheTappingSolution.com](http://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 that you have read and agree to the disclaimer on [TheTappingSolution.com/disclaimer](http://TheTappingSolution.com/disclaimer). We know that exercise is good for both mom and baby but it can be hard to get moving when your body is busy creating life. Being pregnant can feel draining so we will focus on releasing that fatigue as well as any anxiety you may feel around exercising during pregnancy. To get started, focus on how exhausted you feel and how much you don't feel like you have the energy to exercise. Give that exhaustion a number on a scale of zero to ten 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 we will begin by tapping three times on the karate chop point.

Side of Hand Even though I am so exhausted  
There is just no way I can exercise  
I deeply and completely love and accept myself  
Even though I am just too tired to exercise  
I love myself and accept how I feel  
Even though I don't have the energy to exercise  
I love and accept myself

Eyebrow I am just so tired  
Side of Eye I have no energy  
Under Eye There is no way I can exercise  
Under Nose I am just too exhausted  
Under Mouth It feels like all my energy is going towards this baby  
Collarbone And I don't have any leftover for exercise  
Under arm I am just too tired to exercise  
Top of Head I have no energy left for exercise

EB All my energy is going towards this baby  
SE And I have no energy left  
UE I am just so tired



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UN Everyone says exercise is good for the baby  
UM And it will give me more energy  
CB But I am just too tired to exercise  
UA What if I just do something?  
TH It doesn't have to be hard

EB Maybe I could just take a walk  
SE Or do some prenatal yoga  
UE It might feel good to move my body  
UN It might even help me feel more comfortable during my pregnancy  
UM Maybe I can just do something  
CB Exercise doesn't have to feel hard  
UA It might even be fun  
TH And the baby might even like it, too

EB It could be good for both of us  
SE Maybe I can just do something simple  
UE It might feel really good to move my body  
UN Just thinking about moving my body makes me feel good  
UM And all I have to do is get started  
CB  
UA And it will be good for me and my baby  
TH Releasing this exhaustion now

EB Getting energized to exercise now  
SE I can do this  
UE Moving my body will feel so good  
UN And it will be good for me and my baby  
UM Letting go of this exhaustion now  
CB And getting energized to exercise  
UA It will feel so good to move my body  
TH I am ready to exercise

EB I can do this  
SE I can have fun moving my body  
UE I can let go of this fatigue  
UN And do something that makes me feel good  
UM It is good for the baby, too  
CB Getting excited to exercise



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UA            Exercise can be gentle and fun  
TH            I am ready to go

Now, take a deep breath and give your exhaustion and resistance to exercise a number on the 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 would like. All of us here at The Tapping Solution wish you peace, health, and wellness in your pregnancy and beyond. Namaste.