



Mary Ayers: Hi, this is Dr. Mary Ayers with The Tapping Solution and in this tapping meditation we will be releasing some of the stress and anxiety that is created by all that you hear and read about pregnancy. 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 that you have read and agree to the disclaimer on TheTappingSolution.com/disclaimer. There is so much information about pregnancy out there and it can be pretty overwhelming knowing what to read, what to pay attention to, what to do and not do. While all of that information can be helpful it can also be a huge source of stress and anxiety. It is hard to know which sources to trust, what to do, what not to do, and more. In this tapping meditation we are going to focus on shedding that stress and anxiety so you can focus on taking care of yourself and listening to your body. So take a minute to think about your stress and anxiety around all that you have heard and read about pregnancy. Think about all the things you have read or heard you are supposed to be doing and not doing. All the things you have heard you will or won't feel and experience during pregnancy. Give that stress and anxiety a number on a scale of zero to ten, with ten being the highest possible intensity. As always, as we are tapping, feel free to change the words and use ones that reflect how you feel. Now, let's start by taking a couple of deep breaths. Inhale and exhale. Inhale and exhale. Let's begin by tapping three times on the karate chop point.

Side of Hand Even though I feel so much stress and anxiety around all the things I have heard and read about pregnancy
I love myself and I accept how I feel
Even though I am so stressed out and anxious about all the things I have heard and read about pregnancy
I love and accept myself
Even though I am so overwhelmed by all this information about pregnancy
And it is making me feel so anxious and stressed out
I deeply and completely love and accept myself

Eyebrow All this information about pregnancy
Side of Eye All these things that can happen
Under Eye All these things I am supposed to know and do
Under Nose I keep hearing and reading all these things about pregnancy
Under Mouth It is just so overwhelming
Collarbone It feels like there is always something else I didn't know
Under arm And some new things I need to watch out for

Top of Head It is just so overwhelming

EB All of this information
SE About what could happen
UE About what I should do
UN About what I shouldn't do
UM What I should eat
CB And what I shouldn't eat
UA So much conflicting information
TH I don't know whom to trust

EB I don't know what to do and not do
SE And it is so confusing
UE It is really stressing me out
UN And I am not supposed to be stressed
UM I am stressed out about my stress
CB It is just too much
UA It is so overwhelming
TH Maybe I don't even need this much information

EB Maybe I can just take great care of myself
SE And trust that my body will take care of the rest
UE Maybe if I can just let myself relax
UN And focus on listening to my body
UM Maybe that is all I need to know
CB I can read some things if I want
UA But most of all I can listen to my body
TH Because my body knows how to do this

EB My body already knows how to create and support life
SE And all I need to do is take care of myself
UE I can trust my body
UN I can let myself relax
UM It is safe for me to trust my body
CB And let go of this stress and anxiety
UA Letting go of this stress and anxiety now
TH Releasing the stress and anxiety from every cell in my body, now



And take a deep breath and give your feelings of stress and overwhelm about everything you have heard and read about pregnancy 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 would like. All of us here at The Tapping Solution wish you peace, health, and wellness in pregnancy and beyond. Namaste.