



Nick Ortner: Hi, this is Nick Ortner from TheTappingSolution.com. If you are new to tapping, visit our website to learn the basics of the process before doing this meditation. In this tapping meditation we will begin the process of letting go after a relationship has ended. Most of us have had the experience of trying to move forward after a breakup. It is not always an easy thing to do. There are so many memories, maybe things we wish we might have said or done or not said and done. In this tapping meditation we will focus on letting go the many different emotions you may be feeling as a result of your breakup so you can move forward in your life and your relationships.

Today's meditation is meant to serve as a guide, to get you tapping on this topic and give you some general language and ideas on how to tap. If the language doesn't apply to you, you can change it to fit your needs. As you tap, notice any ideas, thoughts, impressions, emotions or specific memories that you can tap on either during this meditation or on your own. The more specific you can be with your particular experience, what you're feeling exactly, what happened, what you believe, the better your results are going to be. And let's start by focusing on what you're currently feeling. We will spend a few minutes doing negative or truth tapping. Not to anchor it in but rather to acknowledge it and let go. Feeling safe to acknowledge how we feel and to speak the truth about our current experience is one of the most powerful things you can do.

To begin, focus on the breakup you want to move past. Let yourself feel all of those emotions you may be feeling, whether it is sadness, loneliness, maybe regret or anger, or most likely a mix of a lot of different emotions. When you let yourself dwell on the breakup, how challenging does it feel to let go of all of those emotions and all of those memories? Give that a number on a scale of zero to ten. If it seems impossible to stop thinking about your breakup and to stop feeling sad or angry or whatever you're feeling, it might be a ten. If you can, write that number down or simply remember it. If certain emotions or events come to you when you think about your breakup, write those down as well. You can tap on them either during or after this meditation.

Let's start by taking three deep breaths in. Feeling safe and grounded in your body. Feeling present in space and time, feeling these feelings, thinking about what happened. Thinking about this breakup. And we will start by tapping three times on the karate chop point.



Side of Hand Even though I am having such a hard time moving past this breakup
There are just so very many unresolved emotions I am feeling about it.
I love myself and accept how I feel.
Even though it is so hard to move beyond this breakup
It still hurts so much
I deeply and completely love and accept myself.
Even though I still feel so emotional about this breakup
And I'm having a really hard time getting past it.
I love myself and accept how I feel.

Eyebrow This breakup
Side of Eye It's so hard to let it go.
Under Eye All these emotions around it.
Under Nose I feel so stuck.
Under Mouth It hurts so much thinking about it.
Collarbone All this sadness
Under arm So many emotions around this breakup.
Top of Head And it's so hard to let it go.

EB All these painful emotions
SE All this pain in my body
UE I can't stop thinking about it
UN It hurts so much.
UM And I am not sure if I am ready to let it go.
CB All these emotions I am feeling around this breakup.
UA It just so much when I think about letting it go.
TH And I am not sure if I am ready.

EB I don't want to let this go.
SE I am so angry.
UE And I am so sad
UN And I am so confused.
UM I keep thinking about what happened.
CB I can't stop thinking about them.
UA It hurts to admit that it's really over.
TH All this pain.

EB All these emotions.



SE All these painful emotions in my body.
UE I can hear what they said.
UN I can see what happened.
UM I can feel all this pain.
CB What if I could let some of it go?
UA Just a little bit.
TH Feeling safe and letting go.

Keep tapping through the points, feeling the feelings. Tap at your own pace, eyebrow, side of the eye, under the eye. Feelings safe and grounded in your body. And I want you to think of one memory or event, something that happened either in the relationship or during the breakup that you can't stop thinking about. Was it something they said? Hear them say it to you. Was it something you said? Hear yourself saying it. Tapping through the points, running that movie in your mind of the moment that is causing so much pain, and if a lot of different moments come up just feel them. See them and tap through the points. Feeling all the emotion in your body, all the pain about what happened. Feel it in your body. And notice as it begins to let go. Run that movie in your mind. See that person's face. Notice all the emotion, all the memories. Feel the grip that they have on your heart and feel as they let go. Tapping through the points, running that movie. Feeling safe in your body.

EB I don't need to hold on to this.
SE I can let these painful emotions go.
UE I can be free from this pain.
UN And I can let go.
UM At least part of me can start to let go.
CB It is safe to let go.
UA I can move forward and create a brighter future.
TH I can let go of all this pain from this breakup, from other breakups, letting it go. Letting it go from every cell in my body, right now.

Go ahead and gently stop tapping and take a deep breath. Notice what you are feeling now. Check back in on those emotions around the breakup and give them a number of intensity on a scale of zero to ten. What else came up during that process? What other emotions, memories, and ideas? Write down anything else that came up and either continue tapping on it now or commit to addressing it in the future. With a breakup it can be helpful to tap on specific memories of what



happened. We did a little bit of that today and you might want to do more. What he or she said to you, how you felt about it, and so forth. Any memory that still holds a charge when you think about it is affecting your current experience and could likely affect future relationships. So commit now to healing the past, to releasing old baggage, and welcoming a new, healthy, nurturing, loving relationship. Until next time, this is Nick Ortner from TheTappingSolution.com. Take care and keep tapping.