



Mary Ayers: Hi, this is Dr. Mary Ayers from the Tapping Solution. In this tapping meditation we will be releasing anxiety about your due date. If you are not familiar with tapping, 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. You know, when your due date is approaching a lot of women start feeling anxious about when the baby is going to come. If the baby is late that anxiety can increase. In this meditation we will be letting go of that anxiety so you can relax into the final stages of your pregnancy. Before we begin tapping, think about your due date anxiety and give it a number of intensity on a scale of zero to ten with ten being the most intense you can imagine feeling. As always, as we are tapping feel free to change the words and use words that reflect how you feel. Now, let's begin by taking two big breaths. Inhale and exhale. Inhale and exhale. We will begin by tapping three times on the karate chop point.

Side of Hand Even though I am so anxious about when I will finally have this baby
I love myself and accept how I feel
Even though I am so anxious to go ahead and have this baby already
I deeply and completely love and accept myself
Even though I am so anxious to have this baby already
And it feels like the day will never come
I love myself and accept how I feel

Eyebrow So anxious about having this baby
Side of Eye I just want to get it over with
Under Eye When will it ever come?
Under Nose It is so frustrating, having to wait even longer
Under Mouth When will this baby come?
Collarbone I want to get it over with already
Under arm I am really scared about having this baby
Top of Head It's all so overwhelming

EB I am really anxious to have this baby
SE But I am also really anxious about having this baby
UE I want to get it over with already
UN But I am also anxious about childbirth
UM And I am anxious about having a newborn

CB Breastfeeding, and not getting much sleep
UA It is also so overwhelming
TH So much to think about

EB And I really just want to get it over with already
SE All of this anxiety
UE All this frustration about having to wait
UN All these different emotions about all of it
UM It is so overwhelming
CB And I just feel so anxious
UA And it is hard to relax
TH Knowing that my water could break at any moment

EB So much anxiety
SE And so many emotions
UE It is so overwhelming
UN And I really want to get it over with
UM But maybe the best thing I can do is be present in this moment
CB Maybe the best thing I can do is let go of this anxiety
UA Let go of this frustration and these other emotions about when my baby will come
TH Just allow myself to feel peaceful and calm in this moment

EB It is safe to let go of this anxiety now
SE It is safe to let go of these emotions now
UE It is safe to trust that my baby will come when it is ready
UN It is safe to relax in this moment
UM It is safe to trust this process
CB And it is safe to trust my body
UA Letting all this anxiety go now
TH Releasing all of these emotions now

EB I can be present in this moment
SE And feel at peace with this phase of pregnancy
UE I don't have to know all of the details
UN I can just allow myself to relax in this moment
UM And trust everything will happen at the right time
CB It is safe to relax into this moment
UA It is safe to trust this process
TH It is safe to trust my body and let myself relax now



Now, take a deep breath. Give your anxiety about your due date a number of a scale of zero to ten and 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.