



Mary Ayers: Hi, this is Dr. Mary Ayers for The Tapping Solution and in this tapping meditation we will be releasing fear and anxiety about your post baby body and 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 are so many changes happening during pregnancy and there are so many conflicting messages out there about what we should and shouldn't focus on once the baby is born, what we will or won't look like. The best thing you can do for your body, yourself, and your baby is release those fears and enjoy the ride, whether you are already pregnant, trying to become pregnant, or have already had your baby. We will be releasing all of that stress and fear so that you can feel good in your body now. To begin, focus on how anxious and fearful you feel about your post-baby body. Are you worried you will never lose the baby weight? Worried your body will never look and feel the same? That you will never feel good in a bikini again? Don't hold back here – there is no judgment, just let yourself feel what you're feeling. Then 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 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 start by tapping three times on the karate chop point.

Side of Hand Even though I have all this fear and anxiety about my post baby body
I love myself and accept how I feel
Even though I have all this fear about my post baby body
I deeply and completely love and accept myself
Even though I am so anxious and fearful about how my post baby body will look
and feel
I love myself and accept how I feel

Eyebrow I am so scared about my post-baby body
Side of Eye What if I can never lose the baby weight?
Under Eye What if my body never bounces back?
Under Nose It is scary to think about
Under Mouth It feels like my body isn't even mine anymore
Collarbone I won't get it back

Under arm What if I can never lose the baby weight?
 Top of Head What if I get tons of stretch marks?

EB What if I get puffy everywhere?
 SE What if it doesn't go away?
 UE What if I never get my normal body back?
 UN I am so afraid of what I will look and feel like after this baby
 UM I am so afraid I will never look like myself again
 CB All these fears
 UA And I feel so selfish even just saying this
 TH I should be just focusing on my baby

EB I should be worrying about my body
 SE But it is still scary to think about
 UE And that is okay
 UN I don't want to lose control of my body
 UM I want to know I will be able to look and feel like myself again
 CB It is my body after all
 UA Maybe I can look and feel like myself again
 TH Maybe I will love my post baby body even more

EB Maybe I don't need to feel afraid
 SE Maybe it is safe for me to trust my body
 UE And let go of this fear
 UN It is safe for me to let go of this fear
 UM It is safe for me to trust that I can feel great in my post baby body
 CB I don't have to be afraid
 UA I can let go of this fear
 TH Letting go of this fear now

EB My body will change a lot during pregnancy
 SE That is what it is supposed to do
 UE But it knows how to be pregnant
 UN And it knows how to recover after having the baby
 UM My body already knows how to bounce back after birth
 CB I don't need to be anxious about it
 UA I can trust my body to recover and repair itself
 TH My only job is to take care of it and my baby

EB My body already knows how to be pregnant
SE My body already knows how to recover after pregnancy
UE It is safe for me to trust my body to do what it already knows how to do
UN It is safe for me to let go of all these fears about my post baby body
UM Letting go of this fear and anxiety now
CB Releasing all this fear and anxiety now
UA All I need to do is take care of my body and my baby
TH My body will take care of the rest

EB My body already knows how to recover from pregnancy
SE My body knows more than I do
UE I can trust my body to recover from pregnancy
UN I can nurture my body and my baby
UM I can eat healthy, nourishing foods
CB I can get enough rest
UA And exercise
TH And trust that my body will take care of the rest

EB I don't need to be fearful about my post baby body
SE My body will take care of the recovery work
UE And I will take great care of my post baby body
UN And let my body take care of the rest
UM I will feel amazing in my post baby body
CB I will feel so good knowing my body created life
UA All I need to do is support and care for it
TH And know that my body will take care of the rest

Now, take a deep breath and give your fear and anxiety about your post baby body a number on a scale of zero to ten. Keep taping if you'd 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.