



Mary Ayers: Hi, this is Dr. Mary Ayers for The Tapping Solution. In this tapping meditation we will be releasing any anxiety you may feel about what will happen after you have the baby. 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, there are so many questions about what your baby will be like and what your life will be like and those unknowns can create anxiety. We will be tapping to let that anxiety go so you can be in the moment and feel at peace right now. Before we begin tapping think about the anxiety you might feel when you think about bringing the baby home, about all those changes that might happen in your life, 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. So let's begin by taking a couple of deep breaths. Inhale and exhale. Inhale and exhale. We will begin by tapping three times at the karate chop point.

Side of Hand Even though I am really anxious about my baby and what life will be like after it is born
I love myself and I accept how I feel
Even though I have all this anxiety about my baby and being a good mother
I deeply love and accept myself
Even though I feel so anxious about whether I will be able to be a good mom and do and be everything I am supposed to be
I love myself and accept how I feel

Eyebrow All this anxiety
Side of Eye So overwhelming thinking about life once the baby is born
Under Eye Will he be a good sleeper?
Under Nose A good eater?
Under Mouth I really just want a healthy baby
Collarbone But I am also so anxious about being a mom
Under arm What if I am not a good mom?
Top of Head What if I don't get any sleep?

EB I am already tired, just thinking about all of it
SE I am so scared I won't be a good mom
UE What if I can't breastfeed?

UN What if my baby won't take a bottle?
UM Will she sleep?
CB I am so nervous about what it will be like
UA I have heard so many horror stories
TH What if he has colic?

EB I don't know if I will be a good mom
SE There is so much to learn
UE So much to figure out
UN I just don't know if I can do it all
UM I am so anxious
CB But maybe that's okay
UA Maybe it's normal to be anxious
TH And maybe I don't have to have all of the answers

EB Maybe I will just learn as I go along
SE Maybe everything will come together the way it's meant to
UE Maybe I don't need all the answers now
UN Maybe I can just relax and focus on the here and now
UM It is safe to let go of this anxiety
CB It is safe not to have all the answers
UA Letting go of this anxiety now
TH Releasing all this anxiety and all this worry now

EB I don't need to have all of the answers
SE I can just be present now, in this moment
UE I can trust that I will figure it out
UN When the time is right
UM For now I can just relax
CB And let go of all this anxiety
UA All this need to know what the future will be like
TH Feeling present now, in this moment

EB Releasing all my anxiety and worry about the future
SE So I can just be in this moment
UE It is safe to relax and feel good
UN And just be present at this moment
UM Allowing myself to enjoy right now
CB Releasing all remaining worry and anxiety about being a mom



UA I don't need to know all the answers now
TH Allowing myself to be present in this moment, right now

Take a deep breath. Now, think about your anxiety about what life will be like after you have the baby and give it 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 like. All of us here at The Tapping Solution wish you peace, health, and wellness in pregnancy and beyond. Namaste.