



Mary Ayers: Hi, this is doctor Mary Ayers for the Tapping Solution. In this tapping meditation we will be releasing fears and anxiety about childbirth. If you are not familiar with tapping, visit TheTapingSolution.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. Now, during pregnancy and even before you get pregnant you hear lots of different stories about childbirth. You hear about labor pains, water breaking, home births, hospital births, and so many stories. And over time all of those stories create fear and anxiety about what childbirth will be like. You worry about the pain and what will or won't happen, and how you will give birth. In this meditation you will be tapping to release all of the fear and anxiety so you can relax in the moment and enjoy where you are in the process now. To begin think about childbirth and all of the fear and anxiety that comes up around it. Really imagine it is your time to give birth and let all of those emotions surface. Then give them a number of intensity from zero to ten, with ten being the most intensity you can imagine feeling. As always, as you are tapping, feel free to change the words and use words that reflect how you feel.

Now, let's begin 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 have all of this fear and anxiety around giving birth
I love myself and accept how I feel
Even though I am so anxious and fearful about what childbirth will be like
I deeply and completely love and accept myself
Even though I am so afraid and anxious about giving birth
I love and accept myself

And then we will go to the eyebrow.

Eyebrow All this fear around childbirth
Side of Eye It sounds so scary
Under Eye How can I give birth to a baby?
Under Nose That sounds terrifying
Under Mouth I am so afraid of the pain
Collarbone I am so afraid I won't be able to do it
Under arm I don't think I will be able to do it
Top of Head I am so afraid I won't be able to

EB What if it is too hard?
SE What if it hurts too much?
UE What if I can't push hard enough?
UN I just don't know if I can do it
UM How can a baby come out of me?
CB That sounds impossible
UA And so painful
TH I am so scared about childbirth

EB It sounds so hard
SE I can't imagine a baby coming out of me
UE But babies are born every day
UN And my body already knows how to do this
UM And lots of women are afraid of childbirth
CB And they manage to do it anyway
UA Maybe I don't need to feel afraid
TH Maybe I can let go of this fear

EB My body was built to do this
SE And women give birth every day
UE I don't need to be afraid
UN I could just let it happen when it is supposed to
UM It is safe to let go of this fear
CB Releasing this fear now
UA Trusting that my body already knows how to do this
TH And letting go of all of my fear about giving birth

EB When the time is right I will have my baby
SE In the meantime I can nurture and support my body and my baby
UE And let my body lead the way when it's time to give birth
UN Releasing all this fear and anxiety now
UM I can do this
CB I don't have to figure it all out now
UA I can trust my body and my medical team to lead the way
TH Letting all of these fears around childbirth go now

EB Women have babies all the time
SE And I can do this



UE I don't need to be afraid
UN Childbirth is the most natural and normal thing
UM And my body knows how to do this
CB I can trust my body
UA I can trust that I have all the support I need
TH And enjoy where I am in the process now

Take a deep breath. Now, give your fear and anxiety about giving birth a number on the 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.