



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. In this tapping meditation we will be tapping on releasing guilt. Guilt is an interesting emotion and it tends to stay with us in part because we get attached to the idea that it will protect us from punishment from whatever happened. Whatever it is that we feel guilty about. So for example if you feel guilty about missing a close friend's birthday, on some level you might think the guilt you feel will protect you from any anger that friend may feel toward you for missing their special day. Unfortunately, even if that friend doesn't get mad at you, the guilt you feel is its own form of punishment. So in the end, guilt doesn't protect you at all.

We may also hold on to guilt thinking that the guilt will prevent us from repeating the same mistake. Unfortunately, that doesn't work either. Think about it, have you ever felt guilt about eating too much pie at Thanksgiving? Has that guilt prevented you from repeating that same behavior the next year or even the next time you have desert? No, it probably hasn't. Even though we feel guilt afterward we repeat that behavior over and over again so guilt really isn't serving us. It is not protecting us from being punished or preventing us from repeating the same behavior. What it does do is keep us stuck in the past which means we can't move our lives and relationships forward in a more positive way. In this tapping meditation we are going to begin releasing that guilt so you can break free from patterns that are no longer serving you.

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. As always, 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 own your own. The more specific you can be with your particular experience, and what you are feeling exactly, what happened or what you believe, the better your results are going to be.

So 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 it go. Feeling safe to acknowledge how we feel and to speak the truth about our current experience. It is one of the most powerful things you can do.

To begin, focus on the guilt that you feel. Bring up the event, whatever happened, to mind that caused that guilt. Take a moment to think about it and to feel it in your body. On a scale of zero to ten, how intensely are you experiencing that guilt now? Write that number down. Let's start by taking three deep breaths. Feeling safe and grounded in your body. Feeling present in space and time. We will start by tapping three times on the karate chop point.

Side of Hand Even though I feel so much guilt
I love myself and accept how I feel
Even though it all feels like my fault and I have all this guilt around it
I deeply and completely love and accept myself
Even though I feel so much guilt about this
I love and accept myself

Eyebrow So much guilt
Side of Eye It feels so heavy inside me
Under Eye It is all my fault
Under Nose I deserve this guilt
Under Mouth It is my fault
Collarbone Things could have worked out differently
Under arm It just feels like my fault
Top of Head All this guilt inside me

Focus on the guilt in your body. Acknowledge it and think about what happened. Bring that memory to mind.

EB So much guilt
SE It is eating me up
UE Part of me feels like I deserve this guilt
UN I deserve this punishment
UM If I didn't feel guilt that would mean I am a bad person
CB Part of me needs this guilt
UA What happened is all my fault
TH All this guilt stuck in my body

EB This guilt feels so heavy
SE So hard to let it go
UE I have had it for so long
UN It feels so stuck

UM So hard to let it go
CB This guilt is just keeping me stuck
UA It won't change the future
TH And I can't rewrite the past, but what if I could let this guilt go?

Think about what happened. Bring those memories to mind. Feeling the guilt in your body. Tapping through the points.

EB It is safe to release this guilt now
SE It is safe to release it from every cell in my body
UE It is time to let it go

Tapping through the points. Don't worry about getting it perfect or right, feeling that guilt, running the memory in your mind's eye and seeing what happened and letting it go.

UN It is safe to let this guilt go.
UM It is time to move forward
CB It is time to stop punishing myself
UA This guilt isn't serving me or anyone else
TH Letting all this remaining guilt go now

EB It is time to close this chapter to use the lessons learned and move forward
SE It is time to let this guilt go
UE I can help myself heal
UN I can love myself in spite of what happened
UM I can accept myself with my imperfections
CB I can love and accept all of myself now
UA I am not defined by my past
TH I am not defined by my missteps

EB I can love and accept myself in spite of them
SE Feeling love and acceptance for all of myself right now

Feel that love in your heart, releasing any remaining guilt, and letting go. It is in the past and it is time to forgive yourself and let this go. Feel all that guilt washing away. A hot shower, cleansing it all away, and letting it go. It is safe to let it go. Feel that now. Feel that guilt being replaced by love. Offer yourself love for



others, love for what happened and the lessons learned. Feel that love in your heart.

Go ahead and take a deep breath and take a moment to tune back into your guilt and give it a number on a scale of zero to ten. We are looking for a shift. If you still have some guilt left keep tapping on it. Play this meditation again or tap on whatever else came up for you, specific memories and ideas, thoughts and feelings. I am going to keep the music playing and you can either sit quietly, feeling that guilt release and the love in your heart, or keep tapping. Until next time, this is Nick Ortner from TheTappingSolution.com. Take care, let go of that guilt, and keep tapping.