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Mary Ayers: Hi, this is Dr. Mary Ayers for The Tapping Solution and for this tapping meditation we will be tapping on all the unknowns around pregnancy and if you are not familiar with tapping, please visit [TheTappingSolution.com](http://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](http://TheTappingSolution.com/disclaimer). You know, for many pregnancy is an exciting but also scary experience. It is filled with unknowns from how your body will look and feel to the baby's health and development and whether you will experience pain, nausea, and more. So many changes happening during pregnancy that even the possibility of becoming pregnant can cause a lot of anxiety even if you are excited to be a parent. In this tapping meditation we will be releasing anxiety and fear around all the unknowns that surround pregnancy, whether you are already pregnant, trying to get pregnant, or thinking about it. We will put all of those pregnancy fears to rest. So let's begin by focusing on your fear and anxiety around all the unknowns of pregnancy. And give your fear and anxiety a number from zero to ten with ten being the most anxiety and fear you could imagine feeling. Write that number down if you can, or just try to remember it. As always, as we are tapping feel free to change the words and use ones that reflect how you feel. Now, let's start 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 this fear and anxiety around pregnancy  
I deeply and completely love and accept myself  
Even though I have all this fear and anxiety around pregnancy  
I accept myself and how I feel  
Even though I feel so much fear and anxiety about pregnancy  
About all that could happen or not happen  
I love myself and accept how I feel

Eyebrow All this fear about pregnancy  
Side of Eye So much anxiety  
Under Eye What if my body doesn't do what it is supposed to do?  
Under Nose What if something goes wrong?  
Under Mouth Will the baby be okay?  
Collarbone So scary thinking about all the things that could happen  
Under arm It makes me so nervous  
Top of Head It is so much responsibility

EB There is so much that has to happen in pregnancy  
SE And so much I can't control  
UE So scary thinking about all the things that could happen  
UN What if something goes wrong?  
UM So scary to think about  
CB So much happening inside of me  
UA So many big changes taking place  
TH But those changes are supposed to happen

EB Those changes are a good thing  
SE All those changes mean my body is doing what it needs to  
UE Maybe everything will happen how it's supposed to  
UN Maybe I can let myself relax a little  
UM Maybe the best thing I can do for this baby and for myself  
CB Is to just trust that my body knows what to do when  
UA Women have been having babies for millennia  
TH Even if it is new to me

EB Pregnancy is something my body already knows how to do  
SE My body already knows how to create life  
UE The idea of creating life inside me feels overwhelming to me  
UN But my body already knows how to do this  
UM Maybe the best thing I can do is trust my body to do what it already knows how to do  
CB Wow, it's crazy to think what my body can do.  
UA My only job is to take care of it  
TH To nurture my body so it can do what it already knows how to do

EB I can't do this  
SE I can eat wholesome nourishing foods  
UE I can get enough rest  
UN And exercise  
UM I can take care of my body  
CB So it can do what it already knows how to do  
UA It is safe to trust my body  
TH It is safe to trust that my body already knows what to do



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Now take a deep breath and give your fear and anxiety a number on the scale of zero to ten. Keep tapping if you 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.