

# Create Lasting Change

A Guide to Get Unstuck and Find Your Flow

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# Time for the End-of-Chapter Tapping Meditation!

What are you ready to move forward on? Take a few moments now to use the Chapter 9 Tapping Meditation to create that movement with more clarity and ease. Remember, if tapping on your discomfort doesn't ease you into action, it's probably time to look deeper and notice any fears holding you back.

# CHAPTER 9 TAPPING MEDITATION: CLEARING FRUSTRATION AND HEARING THE WISDOM OF YOUR PROCRASTINATION

At this moment, how intense does your struggle with procrastination feel? How frustrated are you? Rate the emotional intensity of that struggle on a scale of 0 to 10.

Take a deep breath.

Begin tapping on the Karate Chop point.

Karate Chop (*repeat three times*): Even though I'm so frustrated with myself for procrastinating, I accept myself and I'm open to finding more clarity and ease.

Eyebrow: I've been thinking about "it" for so long

Side of Eye: But I keep putting it off Under Eye: It's hard to find the time

Under Nose: I know I should have figured this out by now

Under Mouth: I should be further along by now

Collarbone: All these feelings around this procrastination

**Under Arm:** All this frustration

Top of Head: All of this disappointment

### THE TAPPING SOLUTION TO CREATE LASTING CHANGE

Eyebrow: All these judgments I have

**Side of Eye:** It seems easier for everyone else

Under Eye: I've struggled with procrastination for so long

Under Nose: I try to bully myself to take action

**Under Mouth:** If I'm frustrated with myself for procrastinating

Collarbone: Then I'll be able to move forward

**Under Arm:** Is that really true?

Top of Head: I'm open to a new way

Eyebrow: I honor this struggle

Side of Eye: I honor how I feel

**Under Eye:** And I give myself permission to relax

**Under Nose:** Even though I've been procrastinating

Under Mouth: I love, accept, and forgive myself

Collarbone: I'm open to the idea

**Under Arm:** That I may be exactly where I'm meant to be

Top of Head: I am on the verge of a breakthrough

Eyebrow: I am open to divine wisdom

Side of Eye: I replace my criticism with curiosity

**Under Eye:** I listen to the wisdom of my procrastination **Under Nose:** Am I putting too much pressure on myself?

**Under Mouth:** Am I fearful?

Collarbone: I honor my unique experience

**Under Arm:** And I am open to making this easy

Top of Head: I've tried pushing myself for so long

## Getting past Procrastination

**Eyebrow:** I now experience more flow

**Side of Eye:** It is safe to move forward with ease

**Under Eye:** I let go of the tension

Under Nose: And move at my own pace

**Under Mouth:** It's safe for me to try something new

Collarbone: As I start I find more ease

**Under Arm:** I feel pulled to do this

**Top of Head:** I honor this calling and take action with ease

Eyebrow: I no longer need to push myself

**Side of Eye:** Instead I feel pulled by my desires

Under Eye: Holding myself back has been exhausting

**Under Nose:** I give myself permission to let go

Under Mouth: And move forward

Collarbone: Now is the time Under Arm: Now is my time

**Top of Head:** I'm further along than I realize

Take a deep, relaxing breath. Check in again on your frustration and other emotions you feel around procrastinating. Keep tapping until you experience the desired release.

