



Clearing Distractions and Creating Focus

TAPPING MEDITATION

AUDIO TRANSCRIPT



Clearing Distractions and Creating Focus: Tapping Meditation

NICK ORTNER

Nick Ortner: Hello, 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 an important part of being productive, which is getting focused. There are always so many things to do – emails and calls to return, work to finish, projects to start, people and things to take care of in the middle of all of that. It can be hard to sit down and focus on just one thing.

As a result we don't get as much done as we could if we were able to focus. That decline in productivity then increases stress and anxiety. That stress and anxiety then makes it even harder to focus. It is a vicious cycle. Using tapping to get focused, you will find it easier to focus on one thing at a time, get started on the task you would rather avoid, and finish what you start.

The first step towards getting focused is quieting the mental noise – all those busy thoughts about what you need to do and all the stress and anxiety those thoughts create. Once you can quiet that mental noise it is easier to focus on the one thing you need to do next.

When you practice that kind of singular focus you can get more done in less time and feel a lot less stress and pressure in the process. You also get to enjoy the feeling of accomplishment that comes from being more productive.

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 on your own. The more specific you can be with your particular experience, what you're



feeling exactly, what happened, what you believe, the better your results are going to be. We are going to 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 is one of the most powerful things you can do.

To begin, focus on all the busy thoughts running through your mind, all the things you need to do, or all the obstacles you may be facing. Give yourself permission to be overwhelmed by all the thoughts and emotions that rush in when you try to focus on just one thing. On a scale of zero to ten, how challenging does it seem to quiet all those busy thoughts and all of those emotions in order to get focused on the one thing you need to do now? Write that number down if you can or just remember it.

Let's start by taking three deep breaths, feeling safe and grounded in your body, feeling present in space and time. We will begin by tapping three times on the karate chop point.

Side of Hand	Even though I really can't focus on one thing right now I am just too overwhelmed I love myself and accept how I feel Even though it is so hard to get focused on just one thing There is just too much I need to do I deeply and completely love and accept myself Even though I really can't get focused It is just so hard with all these things going on I love myself and accept how I feel Tapping through the points.
Eyebrow	I just can't get focused
Side of Eye	There is too much I need to do
Under Eye	I don't have time to focus on just one thing
Under Nose	I really can't focus on one thing right now
Under Mouth	There is too much going on

TAPPING MEDITATION



Collarbone	When things calm down it will be easier to focus
Under Arm	I can't get focused right now
Top of Head	There is just too much going on
EB	It is so hard to focus when I am this overwhelmed
SE	And maybe that's okay
UE	I can give myself a little break right now
UN	If I let go of this overwhelm
UM	I can release this need to know everything and do everything
CB	It's okay if there is a lot going on
UA	I don't have to handle it all right now
TH	I can start by letting myself release these feelings of overwhelm
EB	I can release this overwhelm from my mind
SE	And release it from every cell in my body
UE	I can let it all go
UN	And I can start getting focused
UM	Focusing on one thing at a time
CB	Knowing I can get this done
UA	Feeling focused in my mind, body, and spirit
TH	Feeling focused now

Keep tapping through the points at your own pace. Don't worry about getting it perfect or right. If you miss a point, that's okay. Just tap through. And start thinking about this one task, your main priority right now. What do you want to focus on? What is the most important thing to focus on and complete? See yourself doing this task, feel the focus in your body. Feel the energy, the aliveness, the joy, and the flow that comes with focus. Feel how good it feels to be in the zone, to be focused now. Keep seeing yourself working on that task, loving every minute of it and completing it. Feeling focused.

I am going to keep the music playing for another minute or two. You can either keep tapping through the points, imagining that task and that focus or you can just sit quietly, feeling the focus in your mind, body, and spirit. When this meditation is done, it is time to get to work. It is time to focus, to have fun focusing, to get this done. You can do it.

Until next time this is Nick Ortner from TheTappingSolution.com. Take care and keep tapping.