



Overcoming Exhaustion

TAPPING MEDITATION

AUDIO TRANSCRIPT





Overcoming Exhaustion: Tapping Meditation

NICK ORTNER

Nick Ortner: Hi, this is Nick Ortner from TheTappingSolution.com. If you're new to tapping, visit our website to learn the basics of the process before getting started. In this tapping meditation we will be focusing on overcoming exhaustion. When we feel exhausted we tend to focus on getting more sleep or some kind of physical rest.

While those things are critical for health and wellness, what we often overlook is how much the stress we feel every day, what is called chronic stress, robs us of energy and adds to our feeling of exhaustion. Chronic stress can make us feel exhausted from several angles. To start, it often interferes with our sleep, lessening the quality and quantity of our sleep. So even when we think we have slept through the night, we may wake up feeling exhausted. That is usually stress disrupting our sleep in some way.

Chronic stress can also interfere in our digestion so we get less energy from the food we eat. It also makes us less likely to exercise on a regular basis. Almost all of the behaviors caused by chronic stress cause and increase feelings of exhaustion so the fastest and most effective way to overcome exhaustion is by releasing stress.

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 will 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, to speak the truth about our current experience, is one of the most powerful things you can do.

Let's start by focusing on how exhausted you feel. Let yourself really sink into that exhaustion and notice where you feel it in your body. Also notice what parts of your life makes you feel the most exhausted. So maybe you feel the most exhausted when you think about work, your child, or maybe it's your relationship or your finances. Or just all of it together. On a scale of zero to ten give your exhaustion a number, with ten being completely exhausted, like you have no energy for anyone or anything. Write that number down, somewhere or just remember it.

Let's start by taking three deep breaths in. Feeling safe and grounded in your body. Feeling present in space and time. We will start by tapping on the karate chop point. And just tap continuously as you repeat after me.

Side of Hand	Even though I feel so exhausted I just don't have the energy for all the things I need to do I deeply and completely love and accept myself Even though I'm just so exhausted It's all just too much and I can't handle it all I love myself and accept how I feel Even though I am so tired I just can't manage all of this anymore I love myself and accept how I feel
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Eyebrow	I am just so exhausted
Side of Eye	I need rest
Under Eye	I have no energy for anything
Under Nose	I just want to rest
Under Mouth	I am out of energy
Collarbone	I am just too exhausted to deal with everything
Under Arm	I just need to stop doing so much
Top of Head	I really need rest

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EB	All this exhaustion
SE	It feels like I can't keep up
UE	Just too much to deal with
UN	Why am I so exhausted?
UM	Is it really rest I need?
CB	Maybe there is just too much stress in my life
UA	What if the stress is making me feel so exhausted?
TH	Maybe I need a break from all this stress
EB	Everything just feels so overwhelming
SE	There is always so much to deal with
UE	And the stress of it all is exhausting
UN	Maybe I can start to let go of this stress
UM	And allow myself to relax
CB	Releasing this stress now
UA	Releasing it from every cell in my body
TH	Allowing myself to stop worrying
EB	Allowing myself to feel relaxed and calm now
SE	Things don't have to be perfect for me to feel relaxed
UE	It's safe to let go of this stress
UN	And safe to let go of this exhaustion
UM	I can get my energy back
CB	I can deal with stress in new ways
UA	I can use tapping to release stress
TH	I can use tapping to stop worrying
EB	I can feel relaxed and energized, even when life feels crazy
SE	Allowing myself to relax now
UE	Letting go of this stress
UN	Letting go of this exhaustion
UM	I can let go of all this stress
CB	And regain my energy
UA	Letting go of all this exhaustion now
TH	Releasing the stress from every cell in my body

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EB	Releasing all this exhaustion
SE	It is safe to let it go
UE	Feeling the energy come back
UN	Feeling my body
UM	Feeling safe, strong, and confident
CB	It is safe to feel energized right now
UA	It is safe to take care of myself
TH	To take a break when I need it

Keep tapping through the points at your own pace. Just feeling into your body. Notice what is coming up. As you release these feelings of exhaustion, as you let go of all the stress. And as your body heals, as your mind heals, and as your spirit heals notice that deep reservoir of energy filling back up. Every cell in your body, letting go of all the stress and tension, feeling centered, grounded, and at peace.

Feel the feeling. And when you're ready you can gently open your eyes and take a deep breath. And tune back into that feeling of exhaustion. Give it a number of intensity on a scale of zero to ten. Notice how it has shifted. If it was an 8 before, now it is a 7, or a 6, or a 5 – or it's gone. Any shift means you are moving in the right direction. Any shift is a sign that your body is responding to releasing the stress.

Notice what else came up during that tapping. What other emotions, memories, or ideas? Write down anything else that came up and either continue tapping on it now or commit to addressing it in the future. As you release patterns of chronic stress from the body you will find more native, abundant energy than you could have ever imagined. Take the time to take care of yourself, to let go of the stress, and to heal and watch your energy and health soar.

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