



Unlock Your Creativity:

TAPPING MEDITATION

AUDIO TRANSCRIPT





Unlock Your Creativity: Tapping Meditation

NICK ORTNER

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 before doing this tapping meditation. In this tapping meditation we will be tapping to get connected to your creativity. Creativity often gets linked to the arts and activities like writing, but it is something we are all capable of.

Almost as a rule, creativity flows best when we are relaxed and open to receiving new ideas and new ways of doing things. So that is what we will be doing in this tapping meditation, getting rid of those things like stress and anxiety that can block creativity. Once they are gone, creativity can flow more naturally.

We will also be tapping on your identity around creativity. Some of you may have thought of yourselves as creative at one time, maybe when you were younger, or before you had kids, or when you had a different career, or whatever it is. Some of you have never thought of yourselves as a creative person. Everyone is capable of some, if not several, kind of creativity. But if you have decided you are not a creative person it is going to be hard to be creative.

So we will begin to release that identity around not being creative, even if it is just that you don't feel like a creative person in this moment. Today's meditation is meant to serve as a guide, to get you tapping on this topic and get you some general language and ideas of how to tap. 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 are feeling exactly, what happened, or what you believe, the better your results are going to be.

We will start by focusing on what you are currently feeling. We will spend a few minutes doing negative or truth tapping, not to anger them 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. Start by focusing on how disconnected you can feel over your creativity right now. Give it a number on a scale of zero to ten. If you feel completely dry, not a single creative fiber in your body, you might give it a ten. Write that number down 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. And we will start by tapping the side of the hand, the karate chop point, and repeat after me.

Side Hand	Even though I don't feel creative at all I am just bone dry, without a creative bone in my body I love myself and accept how I feel Even though I am totally uncreative right now I am just feeling so dry and so flat I deeply and completely love and accept myself Even though I don't feel like I have any creativity in me right now It is all dried up I deeply and completely love and accept myself
Eyebrow	I just don't feel creative at all
Side of Eye	I feel dull and flat
Under Eye	I am just not creative right now
Under Nose	There is no creativity in me right now
Under Mouth	I am just not a creative person right now
Collarbone	I feel so disconnected from that part of myself
Under Arm	What if it's gone
Top of Head	Maybe it vanished
EB	I am so uncreative right now
SE	Everything feels so dull and flat
UE	So dry and boring
UN	I miss that spark
UM	That energy I get when ideas are flowing
CB	I miss feeling creative
UA	I hate feeling so disconnected from my creativity
TH	It's depressing not feeling creative

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EB	I really miss my creativity
SE	Maybe it's still there
UE	Maybe it's just hiding by all the stress I am feeling right now
UN	All this pressure I am feeling to be creative
UM	Maybe it's actually blocking my creativity
CB	I don't like all this pressure I am feeling to be creative
UA	Maybe that's what is preventing me from feeling creative
TH	Maybe I can let go of this pressure I am feeling
EB	Releasing this pressure and stress right now
SE	Allowing myself to feel more open
UE	Releasing my stress now
UN	I can just relax into my creativity
UM	I can just let it flow
CB	The more I relax, the more my creativity can flow
UA	I can be creative any time
TH	I can release stress and reconnect to my creativity
EB	Letting all of my stress go now
SE	Opening myself up to new ideas and new ways of doing things
UE	Creativity is an adventure
UN	And I can open myself to it at any time
UM	I can be creative whenever I choose to be
CB	I can relax and let my creativity flow
UA	The more I relax the better my creativity flows
TH	Allowing my creativity to flow openly now
EB	I don't need to judge myself anymore
SE	I can release the need to judge my creativity
UE	And just let it flow
UN	It's okay if it's a little wild sometimes
UM	I can just let it be what it is
CB	It doesn't have to be perfect right away
UA	I can just be open to creativity in its many forms
TH	Allowing myself to relax and reconnect to my creativity now

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Take a deep breath and notice how disconnected you feel to your creativity now. Give it a number of intensity on a scale of zero to ten. What shifted there for you? What else came up during that process? What other emotions, memories, or ideas? Write down anything else that came up that might be blocking your creativity and either continue tapping on it now or commit to addressing it in the future. Creativity thrives on fun and relaxation so don't be afraid to have a little fun and be a little silly with it while you are tapping.

I can't wait to hear about how you released these blocks to creativity and started bringing all sorts of magic and miracles into the world. Until next time, this is Nick Ortner from TheTappingSolution.com. Take care and keep tapping.