



This is Jessica Ortner, from TheTappingSolution.com and I'd like to welcome you to this tapping meditation, to release worry and fear.

I created this meditation because frankly, I needed it! I woke up the morning after of the attacks on Paris and suddenly felt the weight of the news fall upon me. I lay in bed, feeling worried and heart broken.

And then it dawned on me; a terrorist's goal is to create terror. I won't be part of it. I won't let them have that power over me.

From Paris to Lebanon, we've been hearing the stories of these tragedies. This probably won't be the last time but we have to make a decision around how we react.

For 5 years I looked out of my apartment window to see the new World Trade Center being built and everyday I had to make a choice. I could look out my window, and be reminded of the horror. I could look out my window and feel worry and grief, or I could look out my window and remember the strength of the human spirit, the way people came together and all the blessings I have in my life because of the liberties I have. So as we now get bombarded by news of terrorist attacks or any tragedy, we have a choice to make. What will we focus on?

It's natural to have moments of fear but fear is a bad friend to have when it time to make important decisions. Let love be your driving force, not fear.

So I'll continue to come back to this tapping meditation whenever I need to be reminded of that, and I hope you will too.

I rebel against terrorism by releasing my terror and feeling joy and gratitude for the life I have. Are you with me?

If so, I hope you use and share this tapping meditation.



If you're new to tapping, you can watch the how to tap video on thetappingsolution.com. and during this meditation, I'll let you know what points to tap on.

For those who are new, or even the veterans, here's a reminder. We will begin by tapping on the points while expressing how you may be feeling, the worry, the grief, the helplessness. As we give a voice to these feelings and stimulate the acupuncture points, we are sending a calming signal to the brain, letting the brain know that even with these thoughts, it's safe for our body to relax. When we can think a stressful thought in a relaxed state, that thought doesn't have the same power over us, and it becomes easy to let these thoughts go and have a more positive experience.

We then will move on to positive statements and as we tap while focusing on positive statements, we continue to calm that fight or flight response in the brain, allowing these statements to feel congruent because they too create a calm response.

So we are going to begin, by taking three deep breathes. Inhale..., and exhale. Inhale..., and exhale. Inhale..., and exhale.

We'll start with the setup statement, to help neutralize any judgments we have about how we feel and set us up for the process.

Tapping on the karate chop point, repeat after me.

Even though I feel all of this worry, I honor how I feel and I begin to relax.

Even though I feel fearful, I accept these feelings and I allow myself to relax now.

Even though I feel helpless, I honor how I feel and I am open to seeing this in a new light.

Now we are going to tap on the points giving a voice to how we may be feeling. Repeat after me.

EB- All this news

SE- It's heartbreaking

UE- All this uncertainty

UN- I feel helpless

CH- So I worry

CB- Because I want to help but I don't know what else to do

UA- Feeling overwhelmed by emotions

TH- I honor all of these feeling

EB- I wish I could do more

SE- So I hold onto this worry

UE- I'm scared that if I don't worry

UN- It means I don't care

CH- I'm scared if I don't worry

CB- Something bad could happen

UA- But this worry isn't protecting me

TH- This worry is weighing me down

EB- But who am I to be happy

SE- When so many others suffer

UE- But my suffering doesn't relieve their suffering

UN- I can only give what I have

CH- So I choose to have love in my heart

CB- So that I can give love to others

UA- I choose to feel hope with my whole body

TH- So I can give hope to others

EB- I have more power than I know

SE- I am a force for good

UE- I rebel against terrorism

UN- By releasing this terror

CH- Those who aim to steal joy from others

CB- Can't steal my joy

UA- I stand strong in my right to be happy

TH- I stand strong in my right to be grateful

EB- I trust life

SE- I trust my journey

UE- Everything I need is inside of me

UN- I am resilient

CH- I am a force for good

CB- My joy has power

UA- My laughter is healing

TH- I choose to be a light in this world

EB- No one can control how I feel

SE- No one can cause me fear, without my permission

UE- I take my power back

UN- I release this fear

CH- To embrace love

CB- I release this worry

UA- To embrace joy

TH- My emotions have a ripple effect

EB- I am more powerful than I realize

SE- I am calm and confident

UE- I am focused and clear

UN- I give myself permission, to follow my bliss

CH- And I inspire others to do the same

CB- That is how we become powerful

UA- Only light can dispel darkness

TH- I choose to shine bright

Take a deep breath in..., exhale. Coming from this place of peace, of love, of calm, of confidence how do you show up in this world? You make decisions differently, you speak differently, you act differently, that is what the world needs. That is how we can support others. We can only give what we have, so let us feel joy, let us feel peace, let us feel confident because any that state anything is possible.

I'll allow the music to keep playing for another minute so can give yourself time to integrate this process. Write down your ideas. Write down your inspiration and maybe continue to keep tapping. Take this time for you and thank you for being here. Because you truly are a light in this world.