

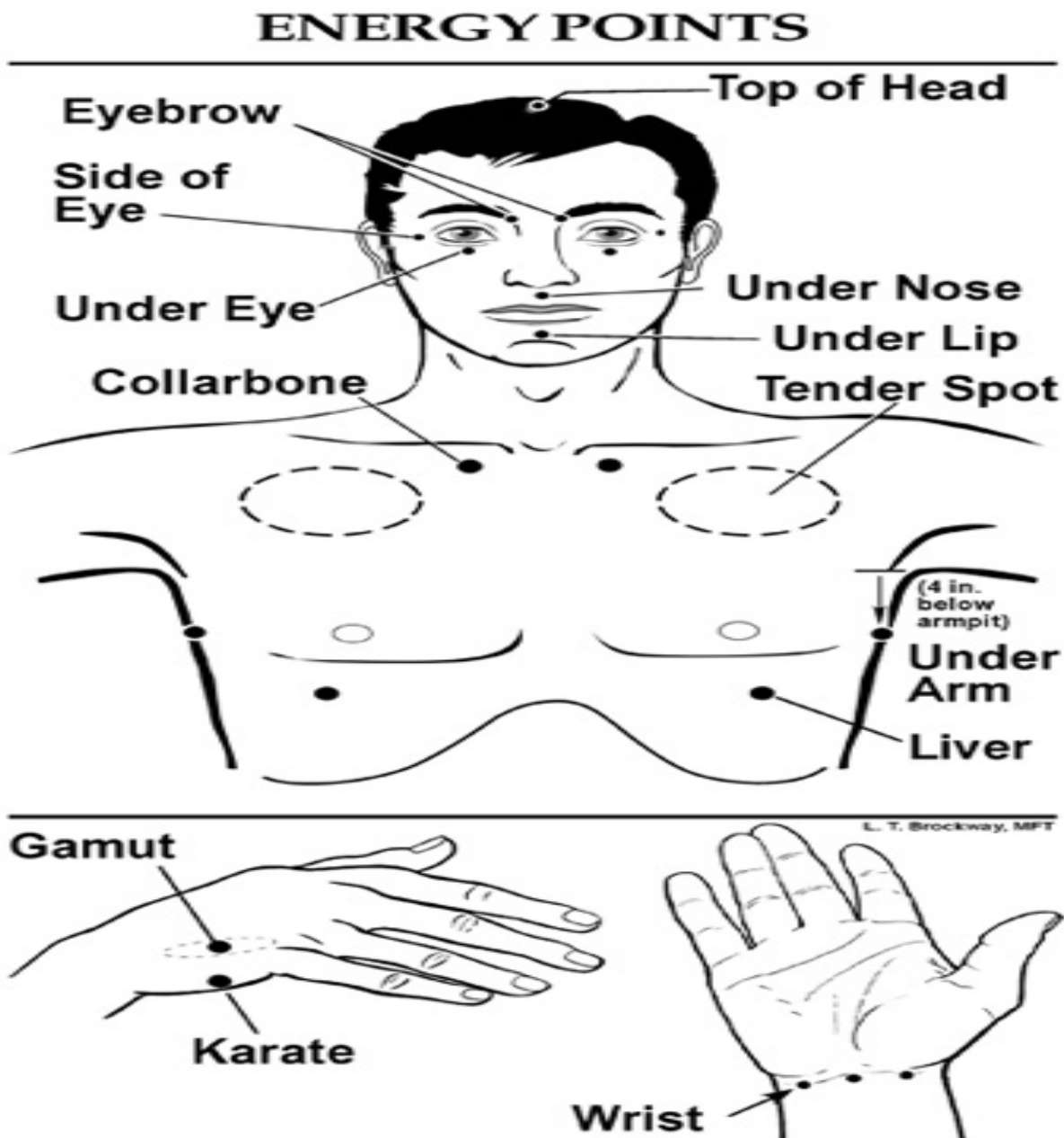
Tapping Meditation Transcript - "THE HEART" - Releasing Anxiety From The Heart *By Dr Ally Parkes*

*Acknowledging Nick Ortner from the Tapping Summit for his inspiration & contribution
Acknowledging Penny Green for her inspiration and time to do the video.*

What is tapping? - It is a combination of Ancient Chinese Acupressure and Modern Psychology that works to physically alter the brain, energy system and body all at once. The practice consists of tapping on specific meridian points while talking through traumatic memories, events & range of emotions.

Dr Dawson Church says "Acupoint tapping sends signals directly to the stress centres of the mid brain (fight/flight brain area) not mediated by the frontal lobes (the thinking part, active in talk therapy). Tapping simultaneously accesses stress on the physical and emotional levels.

Tapping Points Diagram



Start Tapping.....

Karate Chop Point/Side of Hand

Even though I am holding on to all this stress and anxiety in my body
I choose to relax and I am safe right now

Even though I am holding on to all this stress and anxiety in my heart
I choose to relax and I choose to love & accept myself completely

Even though I have all this stress & anxiety in my heart
And this situation is overwhelming
I choose to love & accept myself completely

Even though my heart is overwhelmed with feelings of unease and anxiety
I choose to relax
I choose to feel safe right now - I am safe right now.

Even though my heart has all this stress & feelings of anger & anxiety
I choose to relax
There is so much uncertainty, nothing is clear, my world feels tipped upside down
This really overwhelms me

All these feelings are overwhelming me
But I choose to feel safe, I am safe
Where I am right now is safe

*Take a couple of deep breaths in and out with eyes closed.
Acknowledge & observe what coming up with NO judgement*

Side of Eyebrows

All this stress in my body
All this anger & anxiety in my heart

Side of Eyes

It is safe to feel it
It is safe to be with it
It is safe to acknowledge it

Under the Eyes

It is also safe to let it all go
It is also safe to release it with ease and grace

Under the Nose

All this anger & anxiety in my heart

Chin/Under Lips

My heart feels so closed
Emotions are trapped in there & can't fully release them

Collarbones

And that is OKAY

It is okay to feel like the heart is closed & emotions trapped

Under the Armpits

It is safe to feel these feelings

It is okay to feel these feelings

Wrists - tap wrists together

It is okay to release these with ease

It is safe to release all of these feelings

Gamut Spot - Back of Hand

It is safe to let all of these feelings go

It is safe to bring them up and let them go

Top of Head

I notice the anxiety & stress in my heart

I see the anxiety & stress in my heart

And I let it go

Feeling safe

Feeling safe in my body

Side of Eyebrows

It is safe to relax

It is safe to feel free of these emotions

Side of Eyes

It is safe to let go and fully release

It is safe to open up my heart

Under the Eyes

I open up my heart

I allow loving light to come into my heart

Under Nose

I choose to open up my heart

My heart is opening

Chin/Under Lips

My heart connects with divine love

I connect with divine love

Divine love flows through my heart

Collarbones

I connect with my true guidance

I connect with my own true genius

Under Armpits

Feeling safe
Feeling safe right now

Wrists - Tap Wrists Together

Connecting to love
Connecting to divine love

Gamut Point - Back of Hand

The more I feel safe

Top of Head

The more I feel love

Side of Eyebrows

I tune into my heart

Side of Eyes

As I relax & tune into my heart
Vulnerability comes up
I feel vulnerable

Under the Eyes

It can be tough to open the heart
It can be tough to be vulnerable
It can be tough to live with an open heart

Under Nose

But it can also be amazing
It also can be magnificent

Chin/Under Lips

When I tap & breathe deeply
I feel safe to open my heart
My heart is opening
I am safe

Collarbones

I feel the connection to divine love
I feel the connection to my open heart

Under Armpits

I download this divine love & peace into my heart
I see my heart filling up with divine love and compassion

Wrists - Tap Wrists Together

I may feel alone & scared - but I love & accept myself completely
I may feel unsure of what to do - but I love & accept myself completely
Knowing my heart has the wisdom to keep me safe

Gamut Point - Back of Hand

I may feel overwhelmed but I choose to relax
I am relaxing
My body and heart are safe
I feel my heart relax

Top of Head

I know all is well, I know I am safe
I choose peace and ease
Divine love fills me up, it relaxes me
I feel it through my whole body and heart
Feeling safe in my body
Letting go.

Stop tapping

Then with eyes closed take 3x deep breaths in and out

Acknowledge what coming up with NO judgement

.....imagine your heart space expanding when take breath in.

Remember YOU ARE LOVED & ARE LOVE