



Tapping Scripts

Q&A Session 1

Tapping to Feel Present in My Body

Even though I don't like being all the way present in my body

Because I'm afraid

Afraid of what I'll feel

Afraid of what will happen

Afraid I'll never get free again

I love and honor and respect myself

Even though I'm really afraid to be totally present in my body

Because I don't trust

I don't trust other people

I don't trust the universe

I don't trust God

I don't trust my emotions and my feelings

They might overwhelm me

Being in my body would be totally painful

Just too scary

I totally love, honor, and accept my body

I honor my feet and my legs

My whole First Chakra

My body

Afraid to be in my body

Afraid to be attacked

Afraid to be really seen and present

To experience all of my emotions would probably be overwhelming
I could guess that there's way too much fear
I could guess that there's way too much sadness there
I could guess I might feel so much rage in my body
I will be way too vulnerable
To attack
To manipulation
To people controlling me
Criticizing me
Or somehow abusing me
I honor this
It's real
I didn't make this up, it came from some pain
So I'm going to deeply honor myself right now
And my protective mechanism of not being in my body
Leaving my First Chakra ... my foundation of power
Where I am solid and embodied
And going up into my head or maybe even out
I honor this protective mechanism
And it is okay
I'm observing it now
If I need to cry more tears for myself
I commit to doing that
If I need to create a more safe space for myself

I commit to doing that
If I need to be more compassionate to myself
I'm going to commit to doing that
Because I've seen the truth today
I love, honor, and accept all of me
Even though this is hard
I'm open to more moments of being present in my powerful First Chakra
The place that I manifest from like a magnet
The place that gives me a palpable presence on this planet
I'm just going to be open to more moments
More moments of being fully present and alive
I'm open to feeling the energy swirling in my feet and legs and hands
And having that remind me
That I'm in the present moment
I honor my First Chakra
I honor me
I honor everything I'm doing to grow myself today
I deserve it
I am worth it
And my mission needs me to do this work
I am being called
And I need to be in my body to walk in my mission.