



Nourishing Foods Cleanse

5 DAYS OF EASY & NOURISHING FOODS FOR YOUR BODY, MIND & SPIRIT

eatwellenjoylife.com

Tapping To Quiet My Mind

Tapping on the Karate Chop Point:

Even though I want to meditate, it is hard for me quiet my mind when I have so many things to do, that's ok I love and accept myself anyway
Even though I don't feel like I have enough time to sit in meditation and quiet my mind, I accept myself and how I feel
Even though I want to quiet my mind, it's really hard for me, my mind is so busy it won't stop. I get frustrated and I feel like I'm not do it right, I love and accept myself with kindness and compassion.

Tapping through the points starting on the eyebrow:

All of this chatter
It never stops
I want to quiet my mind but it's so hard
I have so many things to do
So many things to figure out
All the decisions I have to make
How is calming my mind going to help
I don't have time to quiet my mind
It doesn't feel safe to quiet my mind
There is so much to do.
So much to worry about
All of my responsibilities
All this tension in my body
It doesn't feel safe to quiet my mind
When there is so much going on.
It doesn't feel safe to let go
Nothing will get done
The chatter in my mind never stops
Even when I try
It's really hard for me
It's hard to quite my mind
I get so frustrated
It 's so hard
No wonder I don't like meditating
I feel like I'm not doing it right
This story I have been telling myself
Maybe I can see this in a new way

DEEP BREATH

Back to the eyebrow point, tapping through the points:

It's safe for me to let go of any thoughts
Just for now
Gently and easily
Letting go of my stress
Releasing tension from my body
It's safe for me to calm my mind
It feels good to let go of everything
It's safe for me to quiet my mind
Forcing on my mantra

Nothing to do
Nothing to change
Nothing to worry about
Letting it all go
Getting quiet
Listening to the silence
Letting go gently and easily
Letting everything go
Quieting my mind
Even for a minute is really good
And if my mind wanders
I gently come back to the mantra
As I meditate regularly
I am able to quiet my mind
Even for a few minutes
A few minutes is fabulous

In meditation
I begin to relax
My body feels calm
That feels really good
As I quiet my mind
I connect to my inner guidance
I receive inspiration in my day
I make better decisions
I love quieting my mind
Focusing on my mantra
Being in silence
Feeling calm
I love quieting my mind
Enjoying the stillness

DEEP BREATH