

## **Coronavirus\* EFT Tapping Meditation Eliminating Fear and Anxiety**

This script will take you through a soothing tapping meditation process that will help you remove any feelings of stress and anxiety, and bring you to a place of feeling calm, relaxed, and at peace.

As we do the tapping, remember that all you have to do is gently tap five to seven times on each of the EFT points. You don't have to count, you don't have to get it perfect, just do your best.

So, if you're ready, close your eyes, and let's begin.

Let's get started by taking a few deep breaths in through the nose and out through the mouth. And let it go.

Focus now on what you're currently feeling. To acknowledge how we feel, to speak the truth about our current experience is one of the most powerful things you can do to heal.

Say these words out loud or in your mind – "I'm so scared of the coronavirus." And tune into your body.

On a scale of zero to ten, ten being the highest, give that statement a number. How strong is it?

Where do you feel the anxiety in your body? Is it in your stomach? Your chest? Your head?

Ask yourself, "What is this anxiety about? What emotion? What event? What belief? What thought brings it up?" And bring all those forward. Feel them in your body, acknowledge them while we are doing the tapping.

Start by tapping on the point of the side of your hand, the karate chop. While tapping on this point, repeat after me.

Karate Chop: Even though I am feeling so scared of the coronavirus, I acknowledge how I feel, and I deeply and completely love and accept myself.

Karate Chop: Even though the news feels overwhelming, I honor how I feel, and I deeply and completely love and accept myself.

Karate Chop: Even though I feel this tension in my body, I accept how I feel,

and I deeply and completely love and accept myself.  
And I allow my body to relax more and more with every tap.

Now, tap on each EFT point while repeating after me:

Eyebrow (EB):	All this anxiety about the coronavirus.
Side of Eye (SE):	I feel it in my body.
Under Eye (UE):	I feel it in my mind.
Under Nose (UN):	There is so much fear everywhere.
Under Mouth (UM):	The news is overwhelming.
Collarbone (CB):	Fear about the situation getting worse.
Under Arm (UA):	Fear about getting sick.
Thumb (TH):	Fear about what's next.
Index Finger (IF):	All this uncertainty.
Middle Finger (MF):	It is impacting my mind and body.
Little Finger (LF):	All these feelings of fear.
Karate Chop (KC):	All these feelings of anxiety.
Top of Head (ToH):	The world seems to be a very scary place right now.

EB: Sometimes this fear feels out of control.  
SE: Too much bad news.  
UE: So much fear and uncertainty everywhere.  
UN: I don't know how to cope with this fear.  
UM: This fear overwhelms me.  
CB: I acknowledge how stressful it has been.  
UA: Because what is happening is scary.  
TH: Fear about what's next.  
IF: All this uncertainty.  
MF: It is impacting my mind and body.  
LF: I feel vulnerable.  
KC: I feel overwhelmed.  
ToH: I feel scared and unsafe.

Inhale deeply through the nose and exhale through the mouth in a double exhalation. Repeat 3 times.

Now, let's tap again. Repeat after me.

EB: I acknowledge that some things are out of my control.  
SE: But I choose to focus on what I can control.  
UE: And I let go of the rest.

UN: I give my body permission to relax.  
UM: I give my mind permission to take a break.  
CB: Feeling present in this moment.  
UA: Right now and right here.  
TH: I am OK.  
IF: I am safe.  
MF: I am resilient.  
LF: I will make through it.  
KC: I focus on that what I can control.  
ToH: And I let go of the rest.

EB: I am ready to find a way to feel calm.  
SE: I am willing to release this fear.  
UE: I acknowledge any remaining anxiety  
UN: And I let it go with every tap.  
UM: I choose to release all my fears about the virus.  
CB: I choose to release all my fears about the uncertain future.  
UA: I choose to release any events, memories, ideas, thoughts that contributing to this fear.  
TH: Letting them go.  
IF: When I let go of this fear.  
MF: I have more energy.  
LF: My immune system is stronger.  
KC: My stronger immune system is my best weapon against coronavirus.  
ToH: I am feeling safe and protected now.

You can stop tapping now.

Inhale deeply through the nose and exhale through the mouth in a double exhalation... ha haaaaa. Repeat that 3 times.

And now let's check back in. Say out loud or in your mind, "I'm so scared of the coronavirus," and notice what's different.

What number from 0-10 you can give to your fear now?

If it was, for example, a seven before and it's a five now or less, it means you're shifting, letting go. Even just a little bit can make all the difference. When you release the feelings of fear and anxiety, when you let go of them, you go about your daily life feeling calm and peaceful in your mind and body. You also spread the vibration of peace and calm to others. The situation might have not changed but your response to the situation had.

Use this meditation any time you feel fearful or anxious, and let these feelings go. Use it the first thing in the morning and the last thing at night. Or any time during the day.

Wishing you peace! Be safe! Be well!