

# True You Tapping with Angela Hed Vincent

## Calming Fear About What's Happening in the World (tapping audio text)

Welcome to this tapping meditation on calming your fear about what's happening in the world, with me, Angela Hed Vincent. Whether it's the coronavirus, climate crisis, or political unrest, there are so many things in the news right now that have us leaning into our fears. Studies have found that chronic states of fear, stress, and anxiety weaken your immune system. This tapping meditation was designed to help you reduce this fear, making space in your body for peace and boosting your body's natural immune function.

Focus on your current level of fear about what's happening in the world right now. Where do you feel this fear in your body and what does it feel like? Just notice the sensations. On a scale from zero to ten, ten being the most intense, 0 not feeling it at all, how intense is this feeling of fear? Give it a number, and be sure to write it down.

Now, take a deep breath in, and deep breath out.

Tapping on the side of your hand repeat after me:

Even though I am scared about what's happening in the world right now,  
I deeply and completely love, accept, and forgive myself.

Even though I feel all of this fear about what's happening in the world right now,  
I deeply and completely love, accept, and forgive myself.

Even though I have all of this fear about what's happening in the world,  
I deeply and completely love, accept, and forgive myself.

Top of the head: This constant fear.

Eyebrow point: I can't fix what's happening in the world.

Side of the eye: This fear about what's happening in the world right now.

Under the eye: This fear. I don't know what's going to happen.

Under the nose: This fear about what's happening in the world.

Under the mouth: I can't change anything.

Collarbone: This fear about what's happening in the world right now.

Center of chest: All this fear in my body.

Under the arm: This fear about what's happening in the world.

Thumb: This fear about what's happening in the world right now.

Index finger: All this fear.

Middle finger: All this fear in my body.

Pinky finger: All this fear.

Back of the hand: All this fear about what's happening in the world right now.

Keep tapping the back of your hand... Close your eyes, open your eyes, keeping your head facing forward, look hard down left, and forward, and hard down right, and forward, and all the way around in a circle clockwise, all the way in a circle counter clockwise, hum, quickly count to five, and hum.

Side of the hand: All this fear about what's happening in the world right now.  
Top of the head: I choose to accept these feelings of fear in my body, and let them go.

Eyebrow point: I choose to feel calm in my body.

Side of the eye: I choose to see that I am not meant to control everything.

Under the eye: I choose to be calm in my body and mind.

Under the nose: I choose to notice my breath, and breath deeply.

Under the mouth: I choose to feel safe in my body and mind.

Collarbone: I choose to feel strong in my body and mind.

Center of chest: I choose to feel calm in my body and mind.

Under the arm: I choose to be open to the possibility, that just for this moment, all is well.

Thumb: I choose to feel resilient in my body and mind.

Index finger: I choose to feel safe in my body and mind.

Middle finger: I choose to feel calm in my body and mind.

Pinky finger: I choose to feel peace in my body and mind.

Back of the hand: I choose to feel safe in my body and mind.

Side of the hand: I choose to feel calm in my body and mind.

Top of the head: This fear about what's happening in the world right now.

Eyebrow point: I choose to feel safe in my body and mind.

Side of the eye: This fear about what's happening in the world right now.

Under the eye: I choose to feel calm in my body and mind.

Under the nose: This fear about what's happening in the world right now.

Under the mouth: I choose to feel resilient in my body and mind.

Collarbone: This fear about what's happening in the world right now.

Center of chest: I choose to feel safe in my body and mind.

Under the arm: This fear about what's happening in the world right now.

Top of the head: I choose to feel peace in my body and mind.

Stop tapping...

Deep breath in... Deep breath out...

Check your number again and write it down. You can listen to this tapping audio as many times as you like. Drink plenty of water, and know you may sleep very well tonight.

Well done!