



Tapping Meditation to Stretch Time

Find yourself in a quiet place where you won't be disturbed

KARATE CHOP POINT:

Even though I have so much to do, and so little time, I choose to pause for one brief moment, take a deep breath and come back to my body

Even though I don't have time to pause! There's so much to do!, I choose to pause anyway, take a deep breath and come back to centre

Even though I have so much to do and so little time, nevertheless I CHOOSE to come back to THIS moment, right here, right now

Take one more deep breath, then tap around the points and repeat after me

EB: But there's so much to do and so little time
SE: I'm stressed out and anxious
UE: I don't think I'll ever get it all done
UN: Time is going so quickly
CH: I'm spinning in my head, straining for the future
CB: I'm out of this moment, not present to Now
UA: Some part of me thinks this is necessary and a good idea
Wrists together: Is that really true?
TH: I wonder if it's really true?

TAKE A DEEP BREATH

EB: What if I chose to breathe deeply and let the stress go?
SE: But there's so much to do and so little time
UE: What if I chose to relax and come back to my body?
UN: But I don't have the time!
CH: What if I allowed myself to be present to this precious moment
CB: And chose to stretch time?
UA: But I have to keep doing, there's just not enough time
Wrists together: I wonder if that's true?
TH: I'd love to be open to a new idea

TAKE ANOTHER DEEP BREATH



EB: This stress is exhausting
SE: I wonder if it's possible to relax and stretch time
UE: I wonder if it's possible
UN: That I have all the time I need
CH: All of the time
CB: When I come back to this moment, right here, right now?
UA: This moment is a gift
Wrists together: Which is why it's called the present
TH: What if I could be present to it now?

TAKE ANOTHER DEEP BREATH

EB: Being present in this moment
SE: Choosing to stretch time
UE: Finding all the time I need
UN: All the time I want
CH: When I pause for just two seconds
CB: Pause for one deep breath
UA: And choose to be present and stretch time
Wrists together: Feeling more relaxed
TH: Now is the only time I have, and it is ALWAYS NOW

Take a deep breath, savour this moment, then continue your day from a place of peace, presence and abundance.

I hope you find this tapping meditation helpful. Do come over to the blog and join the conversation about stretching time:

<http://www.tapintoyoursuccess.co.uk/blog/not-enough-time/>

Or feel free to email me with your comments and feedback, linda@tapintoyoursuccess.co.uk.

With love

Linda

PS: For more free resources to help you savour and enjoy every precious moment of creating a successful business around your gifts, come on over to www.tapintoyoursuccess.co.uk and sign up for updates now.

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