

## **The Pain of Growth Tapping Meditation**

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<https://www.tiktok.com/@harptiktok/video/7215614370250853674>

We're going to start at the side of Hand, repeat after me: I see that I'm only human

Go to the eyebrow: Not perfect, but perfectly imperfect

Side of the eye: Filled with good and bad

Under the eye: Acknowledging that it's all part of life

Under the nose: Know that life will go on

Under the lip: Even when I feel numb or empty

Collar bone: Being aware that I may be hurt

Under the arm: Knowing I don't have to hold that pain inside

Top of the Head: Recognizing that I am always enough