



Video Transcript

Tap To Clear Your Energy

Hi, I'm Emily Samimi. I'm here with Gaia Goddess, and today we are tapping to clear your energy. This is for you if you are experiencing energy blockages in the body and you want to restore your energy. So let's get straight into it. We're going to take the karate chop and we're gonna start tapping here.

And as always, take a deep breath in through your nose.

Stand out through your mouth. Let it go,

and you can continue to breathe here and just take notice of this energy blockage that you're experiencing. Where is this energy blockage? Where is the energy feeling stuck? Let's just take a moment and send healing love and light and energy to that area as we tap, as we activate the parasympathetic nervous system.

And now with your eyes open, watching me tap, repeat after me, even though I'm experiencing an energy blockage.

I still deeply and completely love and accept myself,

even though my energy feels stuck.

I still deeply and completely love and accept myself.

Even though my energy feels blocked, I still deeply and completely love and accept myself.

Moving on to the head, I'm gonna do two on this one.

My energy.

Just focus on this energy right now.

It feels stuck.

This energy feels stuck.

I feel it in my body.

This energy is really stopping me from feeling in my body.

It doesn't feel normal.

It feels like this dense, heavy energy.

When I feel this way, it's hard for me to show up

and I know that I just need to balance myself.

This dense energy,

this dense energy.

As I'm experiencing this dense energy,

I find myself stuck in my thoughts.

This energy feels negative,

and I just wanna clear it out.

This energy isn't serving me.

This stuck.

It's blocking the flow of life

I'm unable to receive with this stuck energy,

and I know that I must clear it.

I choose to clear this energy now.

I choose to clear it in my system.

I imagine that it's clearing away

and as I do all energy that is negative melts away.

I choose to experience positive energy flowing through my body.

This energy is my natural state.

With this energy, I can really be myself.

This positive loving energy that I know that I am

this beautiful energy that feels like light.

I allow myself to release all of these blockages. Now

I allow myself to clear anything that feels lower than the level of love.

This frequency of love and light feels so much better,

and I can feel this energy flowing through my body now.

I can feel all of the blocks and the stuck energy leaving my body,

and now new energy is coming through

and I can really harness this energy for good.

I am open to receiving even higher energy.

This energy feels so good.

I am now clearing any blockages that are in my crown chakra.

I clear them away

and I balance my crown.

I clear away any blockages that are in my third eye chakra.

I clear them away

and I balance my third eye.

As I balance these chakras,

I begin to feel even more aligned

and in tune with my true energy,

the energy. That is love.

And now I start to release any blockages

that are in my heart chakra.

I release them.

I balance my heart chakra,

and now I release any blockages that are in my solar plexus

as I tap on my solar plexus.

I release any blockages.

I balance my solar plexus.

I release any blockages that are in my sacral chakra. I release them, and now I am balancing my sacral.

I now choose to balance my root chakra. I release the blockages from the root chakra.

Now my root is balanced.

Now that all my chakras are balanced,

I can feel a new energy flowing through me just like a river. This energy is flowing.

I feel renewed.

There is a new energy surplus and I invited in.

My body feels lighter and more expansive.

This energy allows me to show up as my most authentic self.

I am so grateful that I get to move through this energy.

I am now aligned. In my full power.

And now take a deep breath in and exhale out. Let it go.

And just take notice if you were experiencing energy blockages before. How are you feeling now? Really just close your eyes and tune into your body and notice the difference, and also check in to make sure that you're at a zero. If you're not at a zero and you're not feeling completely filled with new energy and this new flow, then.

Go back and watch this again and repeat until you feel that that stuck energy is not fully. If it, if it's fully cleared, then amazing. But if you feel like it's not cleared, make sure to do it once more. So make sure that you are checking in with any blockages, anything that's coming up for you. And I hope you enjoyed this expansion, this lesson, and thank you so much.

Sending you so much love.