



Video Transcript

Tap For Deep Sleep

Hello, my name is Emily Samimi and I'm here with Gaia Goddess. Today we're gonna be tapping for deep sleep, and this is for you if you have a hard time falling asleep or having deep sleep. And so when we do this tapping together, you're gonna really feel like you can have that deep sleep and want to have that deep sleep.

So let's get into it. We're gonna start with the deep, um. We're gonna start with the karate chop. So go ahead and start tapping, and we're gonna take a deep breath here, focusing on that deep sleep. And exhale, let it go

and repeat after me, even though my mind is racing.

I just want to sleep.

I still deeply and completely love and accept myself,

even though my thoughts are keeping me from having this deep sleep.

I still deeply and completely. Love and accept myself,

even though my mind is focusing on all the to-dos and dwelling on the day,

I still deeply and completely love and accept myself.

All of my racing thoughts,

all of these thoughts that I'm dwelling on,
they're keeping me from experiencing deep sleep.
It can feel so frustrating
because all I want is to get good sleep.
I know that when I get good sleep, I'm gonna feel so good tomorrow.
But my mind won't let me go to sleep.
And the more I focus on these thoughts, the harder it is to fall asleep.
All of these thoughts that are coming on.
All of these thoughts that I'm dwelling on.
I just know that I want to sleep.
I know that sleep is so good for my body and for my mind.
Sleep allows my body to heal,
so I decide to let go of the day
and focus on having this deep sleep.
Even when thoughts arise, I focus on having deep sleep.
Sleep feels so good.
I love having deep sleep.
I choose to focus on allowing myself to have this deep sleep.
When I have this deep sleep. I'm gonna have a better day tomorrow.
I'm going to have so much more energy.
I'm going to have a better mood,

and I'm going to be better for others around me.

I don't need to focus on what has happened throughout the day.

Because that's just keeping me from sleep.

These racing thoughts are telling me that I need to focus on all the things I need to do tomorrow,
but what's most important is that I focus on my sleep.

When I sleep, my body heals.

When I sleep, my mind is quiet.

I feel at ease.

I feel safe in my bed.

My bed is so comfortable.

My bed is the best place to be.

Having this deep rest is all that I need right now.

I take deep breaths to calm my mind.

My nervous system is at ease.

I feel at peace here.

I choose to have beautiful dreams in this deep sleep.

I'm looking forward to having this deep rest.

This relaxation is so natural for me to feel.

When I let go of the day, I'll, I allow myself to experience. Right now,

I look forward to tomorrow,

but right now all I need is this deep sleep.

This deep sleep feels so good.

It feels like I'm floating on a cloud.

I feel the safest in my body when I have this deep sleep.

All of the organs and cells in my body get to repair while I sleep,
and as my mind feels at ease, my body relaxes more.

With every breath I take, I become even more relaxed.

I'm excited to have these beautiful dreams in my deep sleep.

I know that when I wake up in the morning, I'm going to feel so energized and excited for the day.

All that matters is that I choose to focus on this deep sleep.

The more my mind is at ease, the better my sleep can be.

I'm feeling so calm and at ease on my pillow,

this place and this space. I feel so inviting to be in.

I feel comfortable in my own body.

I am so safe in my bed and safe to have this deep sleep.

Now take a deep breath in and exhale out

and just take notice of how your body feels. Again, we've activated the parasympathetic nervous system, so this is the perfect time to go to sleep. And so if you're having a hard time sleeping and you still feel like you're not at a zero, go ahead and do this round again, and you'll notice that you're going to have a much better sleep.

The more times you do this. And again, it's all about practice. It's all about allowing yourself to experience that deep sleep and focusing on allowing your body to relax with all of the words that you're saying. So I hope you enjoyed this tapping session on deep sleep, and I hope you have a very beautiful sleep tonight.

Thank you so much.

