



Video Transcript

Tap For Happiness

Hello, my name is Emily Samimi. I'm here with Gaia Goddess, and today we are tapping for happiness, so we're gonna go right into it with the karate chop, start tapping, and it doesn't matter if you're feeling happy or if you're feeling sad, we're gonna really go through the motions here. And so that way we can release anything that feels less than happiness.

And in a, in a. In a little bit, you're gonna start to feel really happy. So let's go into it. Take a deep breath in and exhale out. Just release it, let it go.

Repeat after me, even though I don't always feel happy.

I still deeply and completely love and accept myself,

even though I don't always feel happy.

I still deeply and completely love and accept myself.

Even though I can feel sad sometimes, I still deeply and completely love and accept myself.

I just wanna be happy

and sometimes it can feel hard to be happy.

There are so many thoughts that tell me I can't be happy

until I have certain things,

or if only I'm in certain places,

or if only I'm with certain people.

Society has conditioned me to believe happiness isn't here right now.

So my mind convinces me that I can't be happy just being me.

I just wanna choose happiness

because I know that happiness feels so good in my body.

Happiness is a choice.

I choose to feel joyful.

I choose to have a joyful experience every day.

I fill myself up with happiness just by being me.

I realize I don't need any conditions to make me feel happy.

The only condition for happiness is a choice, is choosing to be happy being me.

Happiness is my birthright.

I came here on this earth to experience happiness.

When I experience happiness, I light up.

The world feels brighter when I'm happy.

Even when there are moments that I don't feel totally happy,

I choose to see myself as happy anyway.

I'm content with my life right now.

My life is beautiful and I focus on that.

Today is such a gift

and I feel happy to experience today.

I begin each day with a grateful heart

to recognize that it is so beautiful to be living my own life.

I don't need to focus on how other people are living their life

because I know that just brings me unhappiness

to compare myself

and to focus on lack. This all takes me away from happiness,

and so I decide to focus on everything that I have and everything that I am.

When I focus on gratitude, happiness explodes in my life.

The world opens up for me when I choose to be happy.

Opportunities come to me.

People are attracted by me.

I just love the feeling I have in my body. When I'm happy,

everything feels lighter and more expansive.

I know that I hold the key to my own happiness. It feels so good.

I love to experience this joy and happiness right here, right now.

I am happy to be me.

I am a light to this world and people love when I'm happy.

I can do more for this world when I'm vibrating at this frequency.

I can serve more people when I am happy.

I can help more people when I'm happy

and people really love to experience my energy this way.

I'm a light. I shine brighter when I am happy.

I choose happiness today and every day.

Now. Go ahead and take a deep breath.

And exhale out. Let anything go that's lower than the level of happiness and joy, and just check in with yourself and see how you feel. And if you're down to a zero. Scale and you feel like so happy and you're bursting amazing. And if you still don't feel like you're at a zero, that's okay. Just do the round again.

Or keep doing as many as you want to until you feel like you are vibrating at that high frequency of happiness. And I remember happiness is something that you choose to focus on. So truly focus on the happiness that is within you because you can be happy here right now. It doesn't matter where you are.

It's just about deciding right here, right now that I am happy. Thank you so much. Have a great day.