



Video Transcript

Tap For Inner Child Healing

Hello, I'm Emily Samimi. I'm here with Gaia Goddess, and today we are tapping for inner child healing and a lot of us don't know how to connect with our inner child. And so today we're really going to expand on connecting with healing and nurturing that inner child of yours that maybe didn't feel seen.

Loved, heard or understood at that time. And so when we can connect with that part of us, we can allow ourselves this deep release, this deep healing, this deep nurturing that we really want for ourselves. So we're gonna get right into it. Go ahead and start tapping on the karate chop. And as you tap, I want you to start visualizing and seeing your inner child.

So it could be whatever age you feel the most connected with. It could be two years old, four years old, seven years old. Whatever image comes to your mind, that's the answer for you. So just connect with that child, that inner child of yours, and connect with that age and connect with the spirit and the energy of that child, whether it's.

Negative or positive, just connect and let's get into it. So take a deep breath in and exhale out. Let it go

and repeat after me,

even though my inner child doesn't feel safe.

I still deeply and completely love and accept myself,

even though my inner child doesn't feel fully loved.

I still deeply and completely love and accept myself.

Even though I've neglected my inner child in many ways,

I still deeply and completely love and accept myself.

My inner child, my inner child, that didn't feel seen,

that didn't feel heard,

that didn't feel understood.

This inner child is within me

and when I grew up,

I neglected that inner child.

I might have stopped doing fun things.

My inner child would've liked to do.

I might have stopped doing something I loved to do that my inner child loved to do.

I thought that when I grew up, I had to leave my inner child behind.

But the truth is my inner child is with me all the time

when I react or cry.

That is my inner child reacting and crying.

All my inner child wants is to be loved.

My inner child wanted to be loved by others,

and when my inner child didn't feel loved,

I neglected that part of me.

This inner child, part of me wants to be seen

not only by others, but by me.

This inner child is playful.

She's filled with love. She's filled with joy,

but whenever she's quieted or doesn't feel like she can be herself,

she feels unsafe.

There are so many times my inner child felt unsafe,

and so I felt unsafe

and this made me angry,

and even though I'm angry at others for making me feel this way. I still deeply and completely love and accept myself.

I still deeply and completely love and accept my inner child,

that cute little innocent girl.

She's here with me now

and she just wants to connect with me.

I choose to connect with this inner child part of me.

She's so filled with love and light.

I need that more in my life

and in the times that she felt unsafe and unheard

and undervalued and underappreciated.

I get to give that to her now.

I tell her that she's amazing.

I tell her that she is loved.

I visualize her and her energy.

When I do, I give her the biggest hug.

This feeds both of us.

We both get nurtured in that moment.

I get to give that to her.

She gives that to me too.

We connect on such a deep level, myself and my inner child,

and when we are connected, we both feel whole.

Now I get to be the parent of my inner child.

I get to be the friend that my inner child wanted to have.

I get to give her so much love.

All I have to do is give myself love too.

We both deserved love

and I feel her so deeply within me.

I know that it's important for me to do things that I loved as a child,

and so I honor my inner child by doing those things more.

Whether it was art or singing. Dancing.

I choose to honor all of the things that my inner child loves to do,

and when I do that,

I'm healing my inner child.

When I talk to my inner child and give her so much love and praise,

I'm healing both of us.

This connection that I have with my inner child is everything that I've ever wanted.

She's now receiving everything that she needed at that time.

This beautiful encounter is what she needed all along.

So I forgive myself, I forgive my inner child.

For all the times we felt shame

or guilt or hurt

or unloved.

My inner child chooses to love herself. Now,

my inner child is loved.

My inner child is healing.

My inner child is worth everything.

She is worthy.

She's enough.

That little girl was always enough.

She didn't deserve any of that hurt, and she knows that,

and so she moves forward

with the intention of love.

She decides to love everyone in her path.

I see my inner child as playful,

as loving,

as hopeful

she believes in herself.

And I believe in her too.

She feels empowered by me

and she feels empowered by herself.

I see her doing all the things that she wanted to do.

When I see her in this way, loving life, feeling joyful.

I see her being healed.

I love my inner child. I love her so deeply. I want the best for her. I want her to feel my love now.

She feels loved by me

and she is with me all of the time, helping me to be more playful.

To see life from a childlike perspective.

I'm grateful for my inner child.

And now take a deep breath in through your nose, hand out through your mouth, let it go. And now I want you to picture that little girl from the very beginning when I asked you to picture her and how does she look now? Does she look more excited, more loving? Are you seeing yourself hugging her and loving her?

And just notice that that interaction, how healing it is for both of you to really know that you can be there for each other and you could be. She always wanted in her life, and that you get to do more of the things that she loved in the beginning because your inner child loved so many things and maybe you neglected some of those things.

So return back to them and return back to the tapping. Anytime you need to revisit and connect with your inner child and heal that part of you. And if you didn't get down to a zero this time, just. Watch this video again. You could do it as many times as you need to until you feel fully at that zero and feel it fully feeling healed and expanded by your inner child.

Thank you so much. Sending so much love to you.

