



Video Transcript

Tap To Relieve Anxiety

Hello, beautiful. My name is Emily Samimi and I'm here with Gaia Goddess.

Today we are going to be tapping to relieve anxiety. And so make sure you are taking deep breaths during this. We're going to take a deep breath together and exhale out.

And as we work to relieve anxiety, just go ahead and repeat after me. We're going to start tapping on the karate chop point.

Let's just take another deep breath together. Again, we're relieving this anxiety and activating the parasympathetic nervous system. Taking a deep breath in and exhale out, let it all go.

Please.

Even though I'm feeling anxiety right now,
I still deeply and completely love and accept myself.

Even though I have this anxiety right now,
I still deeply and completely love and...

about the past,

and all I want to do is control.

All I want to do is know the outcome.

All I keep thinking about is everything that I need to do.

I feel the anxiety in my stomach.

It just feels so dense in my body.

And I know that I need to let it go.

I know that I can't control things,

and that all I have control over is how I respond to it all.

Even when life is so overwhelming,

I still deeply and completely love and accept myself.
I choose to let go and surrender.
I realize these thoughts that are causing anxiety aren't doing me any good.
And when I let go of control, I feel at ease.
I choose to feel safe right now.
I am safe in my body.
My mind feels safe.
I am resilient.
I know that my future self will figure out a way.
My future self knows how to respond.
Even when changes feel scary, I invite them with open arms because
I know that change is good
and that I will ultimately grow,
and while I'm growing and learning,
I still feel safe.
Life feels good when I choose to feel safe.
The anxiety is just trying to protect me,
but I let that anxiety know that I don't need it right now.
That all is well.
I quiet those thoughts, and I direct my focus.
I tell myself and my body that I am safe,
that I am safe to be me in this moment,
and I choose thoughts of ease and calmness.
I'm at peace with where I'm at right now.
No matter what happens, I still have myself,
my soul,
the love that is within me.
It's all here to support me.
My angels and beings of light are here to protect me.
I am divinely supported and guided and protected.
I feel so happy in this moment to
know that I can choose peace and calm
That it is a choice to redirect my thoughts,
to take a deep breath and remind myself that I am here,
that I am present,
the future is not here yet.
I am absolutely safe.
I focus on my body and help my body to feel good.
My thoughts feel better when I choose to see good things.
where I am right now is the cure.
I am calm and at ease.
I love being in my body. Right now,
I am safe.

And I hope that yours does too and that you've already seen a huge shift in how you feel. And so if you're still feeling any anxiety come up or any thoughts that are coming up that feel not so good, you can do this round again or you can come up with your own intuitive phrases and things that feel good to you that you want to bring to the surface. So other than that, I hope you enjoyed this tapping session on relieving anxiety and know that you are safe and know that you are fully, fully capable of feeling that love and just accepting yourself for where you are now. I love you so much and thank you so much for watching.