



Video Transcript

Tap Through Loss & Grief

Hello, I'm Emily Simi and I'm here with Gaia Goddess. Today we are tapping for grief and loss, and so grief and loss is a big part of life, and so I'm here with you, whatever you are dealing with, whatever you are. Going through, coping through, I wanna let you know that I'm here for you, and this is a beautiful way to honor the emotions that are coming up for you, to allow yourself to feel it and then release it.

Grief and loss can come in many forms. It could come from the loss of a loved one through death of a loved one. It could come from the end of a relationship or a loss of a job, or a big change in life in which you're grieving. The end of a chapter in your life. And so whatever is coming up for you, allow it to be okay that you're feeling this way.

And we're gonna go ahead and start tapping. And while you're tapping specifically on the karate chop, I want you to close your eyes for just a moment and connect with that loss, with that grief. You can picture that person. Or a memory or an experience, and remember that you are safe. Even if it's hard, even if it's uncomfortable, even if it feels so deep, allow yourself to feel it as this is part of the human experience.

Just take a deep breath here.

And releasing and letting go. And if you're crying,

that's okay. Allow yourself to cry. Allow yourself to feel whatever comes up with your eyes opened watching me tap as we're gonna go through the sequence together as repeat after me. Even though I'm grieving this loss,

I still deeply and completely love and accept myself
even though this loss is so deep.

I still deeply and completely love and accept myself
even though I'm grieving so much.

I still deeply and completely love and accept myself.

Moving onto the head this grief,
this unimaginable grief,
it feels so heavy in my body.

It's hard to explain this loss that I'm going through.

It's hard to feel all of these feelings.

It feels so much.

The weight of the world is on my shoulders.

This loss is so hard for me to deal with

that sometimes I don't know how I'm going through. Sometimes I don't know how I'm gonna get
through it,

and even though it's hard to get through it, I still deeply and completely love and accept myself.

This loss is so deep.

It feels like a hole in my chest.

It's all this love that has no place to go,
and there's this sense of regret that I'm holding onto.

Of all the things I wish I said,

of all the things I wish I had done differently

and I just miss them so much.

He feels so alone

to go through this grief

and it feels like I am alone.

It doesn't feel like anyone understands what I'm going through.

I don't even understand.

I just miss them so much.

I miss them.

I want that time back.

If only I had more time.

Loss and death is part of the human experience,

and even though I know this, it feels hard to accept.

That everybody goes through this,

this deep pain and suffering.

What do I do with all of this pain?

I just want it to go away.

I want to feel normal again.

I want this person back in my life.

I wish things had stayed the same,

but I know in life things are always changing

and I choose to accept that even though it's hard.

I know that this grief I feel is just so much love

and I'm so grateful that I love so much.

It shows me that I am human.

That this person meant so much to me.

This loss is showing me who I really am,

and that's a good thing.

I love and accept this grief into my life.

I accept this loss.

This is part of my human experience

and I welcome it with open arms.

I allow myself to feel it all.

Even when it's so heavy,

I'm strong enough to handle it.

I can get through it. I know I can get through it.

I'm so grateful that I had that time with that person.

It was such a beautiful time,

and even in the times when it wasn't beautiful.

I accept those times as learning experiences.

I know that I can connect with that person right now, even if they're not physically here,

that just because it feels like loss.

It doesn't mean I actually lost something.

I actually gained more love.

I actually gained more love.

This love that I feel is beautiful.

I'm grateful that this grief has showed me this love.

I'm grateful that this sense of loss has given me meaning in life.

I feel truly awake.

It shows me how much I wanna live my life fully.

My life is a gift

and all of my relationships are gifts.

I'm so grateful for this life I get to live.

For all the feelings that come with it.

I love and accept this grief.

I love and accept all of the feelings that come with it,

even when it feels like too much. I know that I'll get through it,

and when I feel this grief and this loss,

I allow myself to release it.

I really love this person that I lost.

That's such a beautiful thing.

These feelings are really so beautiful.

I am so happy I get to feel.

I know that it's not actually the end

that I will see this person again.

I know that I am divinely guided.

I am supported throughout this life and even when this life ends,

so I know I'm going to see my loved one again,

and I know that they're here with me now.

I can feel their energy and love still with me.

They are always with me.

Thank you for always being here with me.

I am so grateful that I feel all of this love.

And now take a deep breath in

and exhale out. Let it go.

And take notice how you feel. You can put your hand on your heart and just allow yourself to notice the changes in your body.

Notice that this grief and this loss that you feel is really just love, no matter how hard it can get, and there will be waves, but return back to this love that you feel. It's really just love, and so if you're still feeling like you're not fully at a zero and you're still feeling the heaviness of grief, do this round again by playing the video again and just go through the motions, connect with that person, or connect with that emotion that you're feeling and let it be okay that you're feeling it.

Love and love and accept yourself anyway. Sending you so, so much love, and thank you so much for watching.