



Video Transcript

Basic Tapping Demo

Hi, I'm Emily Simimi with Gaia Goddess, and today we are going to do an explanation and a demonstration of the tapping sequence. So we're going to start always with the karate chop, and we always want to do it right in the middle on that tender part in the very, very middle on that bone right there in the middle of the hand. So you're going to tap, tap, tap, tap right there. And we're always going to take a deep breath first. Taking a deep breath in and exhaling out, letting go of anything that's not serving you.

And then we're going to do the second point, and it's going to be the top of the head.

And you can always do it with two hands if you'd like. And if you want to just circle around if you want, there's so many points on the head. But whatever feels good to you, I do with one. So you'll typically see me do one. And you want to do it right on the center of the head. And you'll kind of feel it. It's like that tender part of your head. And then we always move on to the third point, which is on the eyebrow. So, like, right above the eyebrow. It almost feels like you're on top of the eyebrow. And you can do it with one or two hands.

But I always do it with one. Whatever feels good to you, if you have an emotion you really want to tap on and it feels strong, you could do two hands.

And then we move on to the side of the eye right there. And so it's this tender part right on that bone that you feel right on the side of the eye and you're going to tap on that we want to put some light pressure to that but enough that you can feel it

and then we're going to move on to the bottom of the eye so right here you're going to feel on that like hollow part there's a bone right there right below the

eye you're going to tap tap tap right there.

And then we're moving on to the bottom or right below the nose. So right in that fleshy part between the nose and the mouth. And you're going to tap right there.

And then moving on to the chin. So that hollow part of the chin, there's like a little dent right there in the middle of the chin. You're going to tap right there.

And then we're moving down to the collarbone. In that area, there's going to be like a little dent on that bone, kind of like a little indent, and you're going to just tap right inside there.

And you're going to feel it. It's going to be a little like the sensation of, ooh, like I can feel that tapping right there.

And then the next one is going to be right on the rib cage, right underneath the armpit. But like, I would say maybe four fingers below the armpit, and you're going to tap on that part right there, right on the rib cage.

And then we're going to add a point because we're doing a nine point sequence, but this is just an added 10th point. And this 10th point is the chest area.

And so I always like to do all around and circulate throughout the chest, opening up the chest area, opening up that heart space. And this really allows you to relieve tension and stress. This is one of my favorite points. It's not normally a typical point on the 9 point sequence, but it's something I really love to add, especially for the self-love parts. Now, going back to the karate chop, right? So this is always the first point. This is the point in which we always say, even though I'm feeling this emotion. So let's say the emotion is anxiety. You tell yourself, I still deeply and completely love and accept myself. And you do that three times always. So you would say, Even though I'm feeling anxiety, I still deeply and completely love and accept myself. And really allowing yourself to connect with that emotion. So how would you know if you are connecting with that emotion? Well, you want to think about that emotion. So let's say in that moment you're feeling anxiety, but you don't know what that anxiety feels like or you don't know how strong it is. You want to ask yourself, on a scale of zero to 10, how strong is that emotion of anxiety? So anxiety being like the most anxiety of a 10 would be if you were about to go on stage and speak in front of a crowd of a thousand people, but you are just not prepared at all. So that would probably be a 10. So you'd ask yourself, okay, am I anywhere near that? And if the answer is no, maybe you move down that scale. And zero would be like the most calm, most peace, not feeling any anxiety. So let's say you're at a four, okay, or a five. You want to get yourself down to a zero. So I'll go into, you know, how many times you should do the sequence if you're at that point. But most importantly, it's about connecting with that emotion. So if you're at a fore of anxiety, you want to really allow yourself to feel that anxiety in your body.

So connecting with that emotion is about allowing yourself to connect with the memory or the belief or something that's coming up for you in that moment where you realize, oh my gosh, this is what is causing me the anxiety. So as you're tapping on that point And you're saying like, even though I'm feeling that anxiety, really,

what is that anxiety feel like in your body and feel it? Like where in that moment, if it's in your chest, like connect with that part of your chest where you're feeling that anxiety and connect with that memory, connect with that moment. And when you're connecting with it, allow yourself to bring it to the surface, to really feel it, to let it be okay that you're feeling it. And that's why you're saying, even though I'm feeling this, I still deeply and completely love and accept myself. And of course, the tapping allows you to feel safe while you're feeling that anxiety. It neutralizes that emotion in that moment. And the more you tap, the more you're neutralizing it and releasing it. And so you might ask yourself, okay, how many times do I do this sequence if like I'm feeling, you know, an intense amount of emotions in my body? Well, what happens is you want to do it as many times until you feel like you're at a zero. But sometimes that sequence can last five minutes, depending on if your emotions are maybe out of like a two or three. But if you're really high up, you might need to do it for 20 minutes or 30 minutes. And it's really about connecting to doing the sequence, right, and saying, even though I feel this emotion, I still accept and love myself. And let's say you're doing that sequence. So a full round is when you are going all the way from the karate chop to the bottom of the rib cage. So let's say that's one round and you're still feeling like, oh, that anxiety is still there, that emotion is still there. Then you would keep going and you would rip. Maybe there's something that's coming in the near future that you're subconsciously thinking about and you're not really bringing it to the surface. You want to allow yourself to bring up that emotion or that belief or that story or the memory that you're having and say it out loud so your mind and your body understands, okay, this is why our energy is off right now because the speaks to the body. And the body is the one that ends up feeling the emotion and feels unsafe with that uncomfortable or resistant emotion. So we want to be in that place where we're really allowing ourselves to feel it and release it. So you might want to do the round six times. You can do it 10 times. But again, in a lot of the, In a lot of the videos that we do together, you're going to see that I'm going to ask you at the end of it to, you know, if you feel like you're not at a zero, then you're going to want to do the round again. So I'll tell you to rewatch the video and so that way you can do the sequence. But a lot of the time you're going to, as you continue to do the sequences, you're going to feel a lot more comfortable with the sequence and saying these things out loud, that intuitively you're going to allow different stories or memories or feelings to come up and allow yourself to say it out loud. This is about connecting with your emotions and understanding your emotions. So you can understand your energy because, again, like everything in our body, it's all energy. So anything that's a blockage is a blockage of our energy system. And so when we're tapping, we're really activating that parasympathetic nervous system to release those energy blockages. But the only way you can release it is if you allow yourself to feel it. And I know that feels uncomfortable because most people don't want to feel their emotions. Most

people don't want to feel the anxiety or the fear or the sadness or the grief. But in order to release these emotions from our bodies, we have to connect with the emotion. And in our society, we're taught that we don't want to feel these things. We shouldn't feel these emotions. You should suppress, suppress, suppress, and that's what causes sickness in our bodies. So we have to bring it up and we have to allow ourselves to be okay with it and to still love ourselves regardless of whatever it is that is coming up. And so, again, doing this sequence and doing it as many times as you need to will allow you to really know that, okay, it's fine. Everything is okay. And you'll realize when you release the emotion and you do it more and more, again, it's a practice. You're doing it every day for five to ten minutes or even up to 20, you'll start to realize that over time, it's going to feel easier and less resistance. And so you might be asking, like, how many times do I need to do this so that I don't have to do it all the time ever again? Well, it's really about checking in with yourself every day and asking yourself, okay, how do I feel right now? And let's say you're feeling good. You're like, oh, there's nothing really happening right now there's not really any emotions coming up amazing like you've neutralized a lot of your feelings and that's amazing if you're still feeling emotions like any density anything that's coming up maybe there's something in your chest or in your stomach area and you're not quite sure what it is allow yourself to connect with it and it's okay if you're feeling that way but I'll ask yourself okay If I'm feeling this way, like, you know, how deep is it? How hard is it? Right? Because, again, our body stores a lot of trauma. And so over time, you'll see that when you focus on one specific thing that you're releasing, you'll notice, like, it's released. But sometimes there's something underneath it that you might not even realize has come to the surface because you've released that other layer that you didn't even, you know, realize that that other emotion was there. And so it's okay. If there's layers that you're working through, there's going to be a moment in time where you realize you don't really need to always tap, but tapping is just a great way to, again, allow yourself to feel anything that's coming up, especially if there is an experience that comes up again. Like, let's say there's something that comes up in your life, maybe a traumatic experience or something where it's causing you to feel a certain emotion, that's okay. It doesn't mean you've taken steps back. It just gives you an opportunity to see, okay, I'm reacting to this experience, to this, you know, memory, this emotion. Okay, that's fine. I'm going to allow myself to really connect with it and feel it. It's an opportunity. And whenever we have an opportunity to go through an emotion or an experience, it's an opportunity for growth. And so that's what tapping is. It's an opportunity to really connect with that space of, you know, this is what it is to be human. This is what it is to feel. You know, if you want to be a human to have a ton of different experiences, it's an amazing thing to be able to tap and connect with it because when you feel it and allow yourself to feel it, that's how you release it. And such a beautiful part of the human experience is to feel. And so allow it to be okay to feel any

resistance, any, any emotions that are coming up that feels so uncomfortable in your body, let yourself feel it. And then the tapping will let you release it.

So it's not something that you'll never ever go through in your life again if you just are like, okay, I'm tapping. Now I'm healed. It's something that you can always revisit and come back to whenever you feel those emotions. So I hope this was a great explanation for you that you understand now how the tapping sequence works, how to connect with the emotion, how to really understand like where you're at on your level of emotions. Thank you so much for watching and I'm sending you so much love and healing. Thank you.