



Video Transcript

Tapping For Embodied Truth

Hello, I'm Emily Samimi. I'm here with Gaia Goddess, and today we are tapping to embody your truth. This is about really tapping into your purpose, your truth, and your most authentic self. So let's get into it. We're going to first tap on that side of the karate chop right in the middle there, and take a deep breath in through your nose.

And out through your mouth, let it go. Let go of anything that doesn't feel like your truth. Take another deep inhale in and exhale out, feeling the tapping, doing its work and repeat after me, even though I haven't always embodied my truth.

I still deeply and completely love and accept myself,

even though I haven't always showed up as my most authentic self.

I still deeply and completely love and accept myself,

even though I haven't always felt connected to my purpose and truth.

I still deeply and completely love and accept myself

going to the head now,

my truth, my truths.

It can sometimes feel hard to really know what my truth is,

to know my true purpose,
to really feel like my most authentic self.
It sometimes feels easier to follow the crowd.
And to do what I'm told,
but that doesn't actually feel good to me.
It feels like I'm not really honoring myself
and the true reason I came onto this earth.
I can tell when I'm not aligned with my truth,
I'm not showing up as my most authentic self,
and this frustrates me
when I'm not connected to my truth.
I feel like a phony.
I feel like a fake.
I know that I'm not being myself
and I can feel when it's not aligned with me.
It's easier, and so I feel resistant to embody my truth,
but I don't want to feel that way anymore.
I don't want to keep continuing this act.
This act of making other people happy and comfortable,
if I can just let go of those opinions,
I can finally embody my truth.

All of these thoughts. These thoughts that tell me I can't do it.

I can't go against what everyone else tells me.

I want other people to love me and value me.

What if I embody my truth?

They don't accept me.

That feels scary.

That feels like the unknown

sometimes it feels like I'm not ready to do that,

that I'm not ready to fully embody my truth.

I know that my soul and my spirit wants to do that,

wants to show up authentically,

but I feel like something is stopping me,

and I know that it's all of these thoughts.

Because I'm scared of change.

I've always been this way, and so how do I change? How do I finally embody my truth?

What if I don't know how to show up as my authentic self?

All of these thoughts that are clouding my judgment, clouding my decision making,

it makes it hard to really embody my authentic self.

But I know what it feels like to be my most authentic self.

When I feel happy and aligned,

I know that I'm embodying my truth.

This truth feels expansive. This truth feels like a celebration.

When I'm embodying my truth, I'm smiling more.

People around me can see that I'm happier.

I step into my purpose more

so I release any resistance

and I align with my truth.

I am a soul.

I am a soul that came here with a purpose.

I'm here to be of service to others and to love others deeply.

I let go of society's expectations

and I decide that I am more than enough as I am.

I allow myself to be my most authentic self.

From this place, I feel lighter.

My future self is thanking me for choosing this path,

for choosing to do what I love, for choosing to do what is meaningful to me.

I use my talents and my gifts for good.

I listen to my intuition more so I can align with my truth.

I know the answers for my life better than anyone.

I choose to follow the path of least resistance

so I can live that life.

I know it's not going to be fully easy,

but I choose that path. Truth,

because it's easier than doing what I've been told to do.

I'm not following what other people tell me to do.

I connect with that truth inside of me, and I do what feels right.

My soul, thanks me for really embodying this truth.

I am connecting with myself more and more every day.

I see my authentic self as loving,

as nurturing.

As expansive,

and the more I follow my truths,

the more opportunities come to me.

The universe supports me in embodying my truth.

I am supported and divinely guided always.

I am connected to source energy

and this truth flows through me from source energy.

When I embody my truth,

I embody light.

I embody love.

I connect with that spiritual part of me

my higher self.

When I do,

I am most aligned to my authentic self.

I am proud of who I truly am. I am proud to be me, and I invite the world to see. This me,

my purpose is so strong for why I am here,

even when I don't fully know exactly what it is, my purpose gets revealed to me. More and more.

I follow my intuitive nudges.

I allow myself to truly embody this truth.

Life is so much better when I follow my truth.

I am showing up more as my most authentic self.

I vibrate at a higher frequency when I do.

I thank the universe

for allowing me to step into my truth and purpose.

Now take a deep breath in filling up, expanding, and then exhale out. Feel your body. Feel your heart. Feel that truth circulating throughout your veins and notice what has shifted. Notice how you feel. If you are feeling like you're at a zero, amazing. And if you're not, that's okay. You can play this again and just really go through the tapping sequence again.

Really focus on that truth. Focus on the purpose. You don't exactly know what your purpose and truth is. It will come to you the more that you do this tapping, because you're allowing divine guidance to come through, and so just trust whatever comes up. Okay. Thank you so, so much and I'm sending you so much love.

Thank you for watching.