



Video Transcript

Learn The Healing Practice Of Tapping

Hello, my name is Emily Sumimi, and I am so happy to be here with Gaia Goddess today. Today, we're going to be going over what tapping is. Tapping, also known as emotional freedom techniques, also known as EFT, is this beautiful transformative process where we tap on specific meridian points in the body while we neutralize and release uncomfortable emotions. So we tap on these body points, just like you do an acupuncture. And we tap on these points and we release emotions while we say them out loud. So let's say you're experiencing anxiety. You allow yourself to bring up the emotion of anxiety, letting it be totally okay that you're feeling the anxiety and then you allow yourself to completely release it by saying, I still deeply and completely love and accept myself. So doing this, we actually activate the parasympathetic nervous system, which is our rest and digest state. And so when we do this, we allow ourselves to be completely safe in our bodies, even though our minds are telling us, no, no, no, we're not safe. But truly, when we get our bodies to activate that parasympathetic nervous system, that brings information back to the brain that, oh, we are safe, we do love ourselves. Because a lot of these memories and emotions that come up are coming from past experiences. And so when we have a thought or a belief that comes up, we automatically feel unsafe in our bodies when it doesn't feel in alignment with us. So when we tap and we neutralize those feelings, we are allowing ourselves to tap in new and better information into our bodies, things that we want to believe about ourselves, things that we want to feel about ourselves. And it's such a beautiful experience when you get to give yourself that, to truly allow your body and your mind to connect in a more positive, transformative way. And so I've used EFT tapping for multiple things in my life. And EFT tapping came into my life when I was so

anxious and so depressed and didn't love myself. And so when I started incorporating the tapping into my life, I became so calm and so at peace and so in love with myself because I realized, wow, it's really just my body didn't feel safe because of my past. I allowed trauma and all of these past memories and emotions to take over my entire being, and I didn't want to do that anymore. I wanted to be in a place where I could manage these emotions and take control over my thoughts and my beliefs. and so

of love for ourselves, no matter what comes up, no matter if you feel anxiety or if you're unable to sleep or if you're unable to fully and deeply accept yourself, we're going to get you to start embodying and feeling that you can absolutely. Even if there are moments that you tell yourself that you can't, the tapping will do the work for you. And it's really about practice. At the end of the day, practice makes perfect. And it's not even about making it perfect. It's about making it perfect for you. And over time, as you continue to tap, you're going to see that it's going to transform one day at a time, but you can't just do it once and expect yourself to get the results. You have to keep doing it over and over again. And once you do it multiple times and you do it daily, you're going to start realizing that you actually are feeling in your body like things are changing for you.

Things are feeling more expansive and more exciting for you. You start to see the world in a different light because you're able to feel actually in your body. And so I'm really excited for us to go over tapping together to really just expand on all the things that you want to feel in your life. And so thank you so much, and I will see you in the next video.