



Video Transcript

Tapping To Love Your Body

Hello, I'm Emily Simimi. I'm here with Gaia Goddess. And today we are tapping to love your body. And as a society, right, as women, we are always struggling to really accept and love our bodies because of what the standards of beauty are. And we're always constantly feeling like we need to look a certain way or be a certain way. And so today we are.

There's so many beautiful positives to our body, so we're going to connect with all of that today. And, of course, we're going to start with the negative emotions, anything that's coming up for you around your body. So let's start tapping on that. Go ahead and tap in the middle of that karate chop and take a deep breath in. And exhale out, let it go.

And right here, I want you to think about your body.

feel it

allow yourself to be okay that you've been unkind to your body during those times just connect with that for a second and

now repeat after me

even though i've criticized my body

I still deeply and completely love and accept myself.

Even though I've been unkind to my body,

I still deeply and completely love and accept myself.

And now bring your hand to your head. You can do two or one, whatever feels good to you. And just remember, connect with your body, my body,

this body. body.

I haven't always loved my body.

I decided that my body wasn't good enough,
And this caused me a lot of pain.
I know that my body isn't perfect.
And I've been taught that it needs to be.
So it's made it hard to love my body and to accept it.
So I've rejected my body in so many ways.
Top of the head.
So I've hurt my body. Because of it,
I've done things to my body that are unkind.
I've said things about my body that are unkind.
I've looked in the mirror and I've criticized it.
I've looked in the mirror and felt resistance to loving my body.
And even though I haven't liked what I've looked in the mirror, and even though I
haven't always liked how I've looked in the mirror,
I still deeply and completely love and accept myself.
It's made me more judgmental.
I'm judging myself,
and so I'm judging others.
I'm never feeling happy with the way I look,
and it really frustrates me.
I'm always getting disappointed
and not feeling like I can measure up
to society's standards.
And even though this has been a big part of my journey with my body,
that my body is my home.
My body has done so much for me.
It allows me to move through the world.
It allows me to live.
And when I'm unkind to my body,
this hurts my health.
And my health is all I have in this world.
My health is so important.
So I choose to love my body today.
I choose to look in the mirror and see all of the positive,
all of my positive qualities,
all of the parts of my body that I have rejected.
Instead, I choose to love those parts of me.
I choose to accept those parts of me.
Because when I accept those parts of me,
I live with more ease.
I live with more love.
I love my body.
I am so grateful for this body.

This beautiful body.
I choose to nourish...
I feed my body food that gives it energy.
My body loves it when it feels energized.
I choose to really nourish my body.
I choose to move my body and
to move it in a way that feels nice and loving.
I move it in a way that feels enjoyable to me
And my body loves it when I move.
My body loves it when I go into nature.
My body feels so connected and grounded in nature.
I become more intentional and more loving.
I absolutely love and cherish this body.
And now take a deep breath here
and exhale out, let it go.
And just see and notice how your body feels,
how your body sees that you are genuinely with it,
connecting with it, loving it, even after releasing these resistant emotions around
your body and maybe the beliefs and thoughts that you've had about it, recognizing
that it's okay that you've felt that way. It's actually not your fault. It's what
we've been conditioned to believe that we can accept our body.
feel like, oh my gosh, my body is amazing and I love it so much,
do it as many times as you need to because we want to get to that place. The
goal is to just genuinely love our bodies. So thank you so much and sending you so
much love.