



Video Transcript

Tapping For Meaningful Relationships

Hello, my name is Emily Simimi, and today we are tapping for meaningful relationships. Now we're going to start with the karate chop, so just repeat after me.

Take a deep breath in
and exhale out, let it go.

And if you have a relationship in mind, person in mind, you can hold that in your mind if that feels good to you. But if there's just a general wanting to have deep meaningful relationships with multiple people, you can think about that as well. Just whatever comes up for you is totally perfect.

Even though I don't always feel safe in my relationships,
I still deeply and completely love and accept myself.

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These triggers that I have around relationships,
it feels really dense in my body when these come up.

I react in these relationships, and it doesn't always feel positive.

Sometimes I feel attacked in my relationships.

Sometimes I feel like people don't truly understand me.

I don't always feel seen, heard, and understood.

And this really disconnects me from my relationships.

These triggers are teaching me about how I see myself in relationships.

And I know that I have to see it differently.

I can have meaningful relationships with people around me.

I deserve to have these meaningful relationships.

I know that I can accept and love myself in these relationships.
And I decide if I have to see things differently,
or if maybe the relationship isn't serving me.
But I choose to see that these relationships are of my highest good
because I learn through every relationship.
I learn about what I want and what I don't want.
My relationships are mirrors for me.
They show me what I need to work on within myself.
And I feel really blessed that I have these relationships to show me that.
These relationships are helping me to expand.
I have loving and harmonious relationships all around me.
I love being around these people.
My energy expands more and more when I'm with these people.
My body knows what feels good and what doesn't.
And my body tells me when a relationship is aligned with me and when it isn't.
I foster these meaningful relationships by communicating.
I feel safe to communicate what I want and...
All of these relationships are for my highest good.
I am happy and in love with these relationships.
All of my relationships are in harmony.
I continuously shift.
so much fun doing it.
It feels so good to have these meaningful relationships in my life.
And with these relationships, I deeply and completely love and accept myself.
Now go ahead and take a deep breath
and exhale out.
Check in with your body. Check in with yourself. Take notice of what is shifted,
how your body feels.
And make sure that you're down to a zero. If you're not down to a zero, do this
tapping again. You can also do it intuitively if there is something coming up in
relationships that feels like a problem or doesn't feel good or if there is a
specific trigger that you have. You can tap on that, bring it to light, and just
allow yourself to feel safe that you are bringing it up. I hope you enjoyed this
EFT tapping session. Thank you so much for being here. All my love to you.