



Video Transcript

Positive Mindset Tapping

Hi, I am Emily Samimi, and today we're gonna be tapping for a positive mindset. If you're new to tapping, you can go to Learning with Gaia and you'll see my demonstration and all about tapping, so you can go there and check it out.

So first we're gonna start with the karate chop and start tapping. Take a deep breath in and exhale out, let it go.

Even though I can have negative thoughts about myself sometimes,

I still deeply and completely love and accept myself.

Even though negative thoughts come up sometimes,

I still deeply and completely love and accept myself

even the, even though these negative thoughts come through sometimes.

I still deeply and completely love and accept myself,

top of the head, and you could either do it with one or two hands.

These negative thoughts,

all of these negative thoughts.

Eyebrow, it really stops me from feeling good about myself.

These thoughts can take over my mind

and it can be really hard to focus on myself and what I want.

These negative thoughts convince me that I'm not good enough

and it doesn't feel good in my body

when all I really want is to just love who I am.

These thoughts tell me. Otherwise,

I know that if I just connect with myself,

these thoughts don't need to take over my entire being.

I choose to love myself now.

I choose to have positive thoughts about myself.

I choose to experience positive things in my life.

I am a positive person.

I'm filled with positivity and love.

People gravitate towards my energy.

This positive energy that is within me.

It feels so good to have positive thoughts about myself and others,

even when I have mental barriers. I bring myself back to positive thoughts.

It's easy for me to redirect my focus to what is positive.

I'm aware of my negative patterns

and I bring myself back. To choosing positive patterns,

I love choosing positive thoughts.

It floods my entire being when I see things in a good light.

I know that all is well in my world

and that feels so good to be me.

It feels so good to think positively about others.

Even when I have judgements about myself and others,

I still deeply and completely love and accept myself.

I know how to overcome these mental barriers.

I choose to see the best in myself

because I know it's all a choice.

I don't have to give in to old patterns.

I decide what thoughts to feed. And what thoughts to starve

and I choose to feed the positive thoughts.

My life gets brighter and more filled with love when I see things in a positive light.

My body feels better and more alive,

and other people are happy to be in my presence when I have this positive mindset.

With this positive mindset, my energy is more expansive.

This positive mindset helps me in all areas of my life.

I am a positive person.

This love and positivity flows through my entire being.

It's so wonderful to be me.

My mind is a garden filled with flowers

and I tend to my garden daily.

I practice watering these positive thoughts,

and when I water them, they grow so big.

These positive thoughts fill up my entire being.

These thoughts of positivity make me a better person for all.

And now take a deep breath and exhale out and just take notice of how your body feels after tapping. To really release those mental barriers and to really have that positive mindset and just see how your body has shifted and changed and really take note of it. And you can practice this at any time.

You can also do this again if you still feel like you're not down to a zero, because again, we wanna be down to a zero. Um, so we can really feel that positive mindset and let go of those mental barriers. So make sure that you are doing this on a regular basis and again, doing the tapping if you need to do it again, and thank you so much.

I will see you soon.