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Nick Ortner: Welcome to the Instant Boost of Happiness Tapping Meditation. This short meditation is designed to quickly boost your happiness.

Transcript:

Take a moment to note any resistance you feel to happiness on an intensity level on a scale of 0-10.

And now we'll do some gentle tapping. Let's start by taking a gentle breath in and out.

Tapping on the side of the hand, repeat after me, either in your mind or out loud.

KC: Even though I'm blocking some happiness, I open the valve to happiness now!  
Still on the side of the hand.

KC: Even though parts of me are a bit down, I am open to feeling more content and cheerful  
And one more time on the side of the hand.

KC: Even though I'm resisting immense happiness, I open myself up to feeling lighter now.

EP: I create my happiness

SE: I'm open to being happy now

UE: Releasing any blocks to happiness

UN: From every cell of my body

UM: I deserve happiness

CB: and nothing is going to stop that

UA: I choose happiness now

TH: So happy, so safe, so content.

Now moving back to the eyebrow, feel that sense of happiness in your body now. Create it. Be it. What does it feel like to be happy?

Often times we're not used to running these patterns, so we have to create them. If you haven't been happy for a long time or you find yourself being down, practice being happy now.

SE: For just a few minutes, feel that happiness. Feel safe feeling that happiness. Often times, society tells us that it's not safe to happy, that we're going to stand out, we don't deserve to be happy. Let all this go now. You deserve to be happy.

UE: Releasing what anybody thinks about your exuberant happiness. What would it feel like to be happy all the time? Feel the strength in your happiness. Feel the confidence that you say I'm happy. I choose to be happy. Now in this moment, in all the moments of this day, I choose



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happiness. Feel that power now.

UN: Every cell of your body vibrating with happiness. Feeling the confidence, the joy, the freedom of expressing your happiness. This is your birthright. You deserve to be happy. Feel that now.

UM: Even stronger, feeling safe, feeling happy. So content.

CB: See yourself all day long, feeling these feelings, creating them moment by moment and knowing that if something throws you off, you can go back to this moment. You can go back to this state of happiness deep within you.

UA: So safe, so strong, so happy. You deserve happiness. Feel it now.

TH: Relaxing even more. Feeling strong and confidence in this state of happiness. This is who you are. Be that happy person now. Create it. You've got this.

And you can gently stop tapping and take a gentle breath in, and let it go.

And let's check back in to that resistance to happiness. So a lower number is better now. A zero would be that you are totally open to happiness.

You can come back to this meditation, to this state whenever you need that boost. Like any emotion, happiness takes practice. Society tends to push us away from it. Be confident. Be strong in your happiness. Keep creating it.

The more you do, the more it will become a natural state for you.

Until we tap together again, this is Nick Ortner wishing you so much happiness today and all the days forward. Until we tap together again, take care and keep tapping.