



Nick: Welcome to You Are Enough tapping meditation. In this tapping meditation we'll gently explore the stress, anxiety, doubt and overwhelm that comes from believing that you are not enough. And, we'll move into a place of acceptance and peace. We'll learn together how healing this misguided belief that you are not enough can open up worlds of possibilities in every aspect of your life. Feel free to stop whenever you feel like you've done enough and repeat the session as often as it's helpful.

We'll begin by tuning into the stress or anxiety around the opposite belief that you are not enough. So, say out loud: I am not enough. How true does that feel to you on a scale of 0-10? How tense or stressed you feel when you think about being enough. Mark the intensity level on a scale of 0-10. And, take a gentle breath in and letting go. And now, let's do some tapping. Tapping on the side of the hand, the karate chop point. Repeat after me either in your mind or out loud.

SH: Even though part of my believes that I'm not enough,
I choose to relax and feel safe now.

Even though I've had this belief for so long,
That I'm not enough,
I'm open to letting it go.

Even though this belief is so deep,
I can't imagine letting it go,
But, I'm open to that possibility now.

Nick: Now tapping on the eyebrow. Tapping gently, breathing gently.

EB: We're going to explore this belief that you're not enough.
We're going to explore the possibility of this idea that you are enough.

SE: And, I can't just tell you that you're enough.
I can't just say, oh, come on, let it go, of course you're enough.
I know a part of you believes that you're enough,
I know you want to have that belief.
But, for too many of us, deep down, we've been beating ourselves up for so long. We've had so many experiences in our life where we learned that we are not enough.

UE: And this belief, it weighs on us every single day.
If effects all our decisions as we doubt ourselves, as we limit ourselves,



as we beat ourselves up.

UN: And, we're talking about all these negative things.
We're bringing up this garbage about not being enough in order to acknowledge the pain behind it
and to begin to let it go.

UM: So, I want you to begin to think about where you learned that you're not enough. Who
taught you that? Your parents? Your school? The world? What happened?

CB: Breathing gently, tapping gently. You are safe.
This is deep work right now.
Be vulnerable, be present, acknowledge these fears, these pains, these memories. Acknowledge that
the true pain of walking around believing that you're not enough, how much that's cost you.
Be present of these feelings now.

UA: You are safe.
TH: Think again of more memories, more ideas, more places.
Where did you learn, where did you decide that you're not enough?

EB: You are safe. It's safe to feel this pain and it's safe to begin to let it go.
SE: In what places in your life do you feel like you aren't enough?
Are you not productive enough? Are you not healthy enough?
Are you not happy enough? Are you not spiritual enough?
Are you not perfect enough?
Where are the places that you are putting so much pressure on yourself?

UE: Notice that pressure now.
Notice just how high you set the bar and just how perfect you have to be to be enough.

UN: Notice how often you've compared yourself to others.
Thinking that they're enough, that what they present to the world,
Their happiness, success, their joy,
Whatever it is that you want that you don't think you have.
Notice the times that you put yourself up next to them and though once again,
I'm not enough.

UM: And notice just how exhausting all of this is.
The drain on your energy, your life, your vitality, your creativity,
Your joy from this belief that you're not enough.



CB: And, as you notice all these beliefs, all these memories, all these old emotions, You begin to let them go.

Nick: Stay on the collarbone for a minute or two, letting them go.

CB: It's all in the past. It's over.

Right now, in this moment, you can start again.

You can begin building. Because, that's what it is, it's building it.

It doesn't happen overnight.

It happens tap by tap, step by step, emotion by emotion, decision by decision, Feeling after feeling building this belief that you are enough.

And let that belief permeate through every cell of your body.

You are enough.

It's time now in this moment to begin building this belief, this truth.

You are enough. It's time to stop beating yourself up.

It's time to stop comparing yourself to others.

It's time to stop trying to be perfect in every moment.

You are enough.

Feel that freedom.

Feel that relaxation that comes with that belief.

If parts of you are fighting that belief right now, that's okay.

Acknowledge that parts of you that are fighting it and then think, once again,

I am enough.

Think once again, I choose to be enough, no matter what my actions are.

Even if I'm not perfect, even if I procrastinate, even if I'm not present,

Even if I fall down, even if I mess up, I am enough.

Feel that now. Even deeper.

Feel that now. Even stronger.

I am enough.

I'm doing the best I can and that is enough.

UA: So safe, so strong, I am enough.

TH: I am enough.

EB: Letting go, Feeling safe, All is well.

SE: Releasing all those times in the past when you felt you weren't enough.

Clear them out from every cell of the body.

UE: Forget what the world says, forget what your family says,



forget what your friends say, forget what you decided.
Make this choice right now.
I am enough.

UN: I am flawed, I am imperfect, I won't get it all right. And I am enough.

UM: I'm going to procrastinate, I'm going to eat things that I didn't want to eat,
I'm going to skip exercise, and I am enough.

CB: And, the magic of this decision is when you accept yourself with these "flaws" then your
life opens up in front of you.

From that place you actually exercise.

From that place of love and compassion, you make healthy choices.

From that place you are focused and productive.

Forgive yourself first.

I am enough.

Nick: Staying on the collarbone. Whisper it gently.

CB: I am enough.

I am enough.

Relax into that feeling. Relax into that truth.

You are enough. Let it go. All is well.

UA: You are enough.

TH: You are enough.

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

One more time, breathing in, letting go.

Now, let's tune back in to that belief that we tested at the beginning of this tapping mediation. The misguided belief that you are not enough. And rate the intensity with a new number on a scale of 0-10. So, if you feel like you are enough now, that would be a 0 on a 0-10 scale. If a lot of feelings or memories came up for you during this mediation, be sure to note them down. You can tap on them at a later point or simply repeat this meditation with those thoughts, feelings and memories in mind.

The more you do this process, the more you'll begin to retrain your brain and your body to move from this state of self doubt and fear to one of deep lasting peace and confidence. In just these few minutes of tapping you lowered cortisol and other stress hormone levels in your body. You moved your body into a healing state and you began to let go of these conscious and



unconscious limiting beliefs that are holding you back from creating the life you want. So, well done. Use this mediation daily and watch your life, your mind, your spirit, transform. Until we tap together again, this is Nick Ortner. Hey, you are enough. I believe in you. You've got this. Take care. And, as always, keep tapping.