

A woman with dark hair in a braid, wearing a red t-shirt, is sitting in a meditative pose on a grassy field. She is looking off to the side with a peaceful expression. The background is a soft-focus landscape with trees and hills under a warm, golden light, suggesting sunrise or sunset. A semi-transparent blue banner is positioned across the middle of the image, containing the text "TAPPING MEDITATION".

Quieting the Voice That Says, "You Are Not Enough"

TAPPING MEDITATION

AUDIO TRANSCRIPT





Quieting the Voice That Says, “You Are Not Enough”: Tapping Meditation

NICK ORTNER

Nick Ortner: Hi, this is Nick Ortner from TheTappingSolution.com. If you are new to tapping, visit our website to learn the basics of this process before doing this tapping meditation. In this tapping meditation we will be tapping to overcome that voice in your head that most of us face at some point. The voice that tells you, “You are not enough.” You may hear that voice when you try something new or put yourself out there when you are at work or in a relationship.

That voice can also get louder when something traumatic or upsetting happens, whether it is a job loss, a divorce, or something else. Many of us have had that voice in us since childhood and even if we know it’s not true, it can be hard to quiet that voice that has been inside you from a young age.

Whatever the case is for you, we are going to use tapping to begin to quiet that voice. If you have had that voice inside of you telling you you are not enough for a long time, know that it is a process and we may not quiet it completely in ten minutes of tapping. In that case, make a point of returning to this tapping meditation once a day or more.

If you are feeling worried about something specific, maybe a job you are applying for, a date you are going on, or something like that, this tapping meditation will be equally powerful in moving you beyond that feeling that you are not enough to take that risk.

Today’s meditation is meant to serve as a guide, to get you tapping on this topic and give you some general language and ideas on how to tap. If the language doesn’t apply to you, you can change it to fit your needs. As you tap notice any ideas, thoughts, impressions, emotions, or specific memories that you can tap on either during this meditation or on your own. The more specific you can be with your particular experience, what you are feeling exactly, what happened or what you believe, the better your results are going to be. We will



start by focusing on what you are currently feeling. We will spend a few minutes doing negative or truth tapping, not to anchor it in but rather to acknowledge it and let it go. Feeling safe to acknowledge how we feel, to speak the truth about our current experience, is one of the most powerful things you can do.

To begin, focus on that feeling, that voice inside you that is saying that you are not enough. Let it get loud and ugly. Really let yourself hear it and how painful it is to listen to that voice. On a scale of zero to ten give the intensity of that voice a number. So that the voice, that feeling of not being enough feels totally true, you might give it a ten. Write that number down or just remember it. Now let's take three deep breaths, feeling safe and grounded in your body. Feeling present in space and time. We will start by tapping on the karate chop point, and just repeat after me.

Side of Hand Even though this voice is telling me I am not enough feels so true
And that hurts so much
I accept how I feel
Even though I really feel like I'm not enough
This voice inside me feels so intense and so true
I accept how I feel
Even though I really feel like I'm not enough
That feels like the truth right now
And it hurts so much
I love myself and accept how I feel

Now tapping through the points

Eyebrow	This voice in my head telling me I'm not enough
Side of Eye	It's telling me there is something wrong with me
Under Eye	It's telling me I'm the problem
Under Nose	But I'm the one who is lacking
Under Mouth	And I can see proof of that throughout my life
Collarbone	I'm just not enough
Under arm	And I'm not sure there is any hope for me
Top of Head	What if I'm just not one of the lucky ones?



EB This voice that says I'm not enough
SE It hurts so much
UE Part of me feels so alone
UN And so sad
UM This old voice in my head
CB That hurts so much
UA That I have been hearing for so long
TH This old voice

EB What if it is just an old tape I am replaying in my head?
SE I know this tape
UE I wonder where I learned this?
UN What if it is not true though?
UM What if it has never been true?
CB It feels so true
UA It has felt true for a long time
TH But maybe it only feels true because I have heard it for so long

EB Maybe that's why it feels so true
SE Maybe I actually am enough
UE It feels scary to even say that
UN This voice in my head has been with me for so long
UM Whose voice is it really?
CB Where did I learn these feelings?
UA When did this voice start?
TH This old voice

EB I have believed this voice for so long
SE But what if it wasn't true?
UE What if I really am enough?
UN I don't have to listen to this voice
UM I can talk back
CB Hey there, mean voice, you're lying and I'm not listening to you any more
UA I am enough
TH Wherever I learned this



EB	It's time to let it go
SE	It's time to feel safe being enough
UE	Only I can say I'm enough
UN	I deserve love, success, and happiness
UM	I deserve to live my dreams
CB	I am enough for all of that and more
UA	I am worthy
TH	I am enough

Keep tapping through the points at your own pace – eyebrow, side of the eye, under the eye. Start listening to that other voice. It might be small and timid right now, but listen for it. The voice that says, “I am enough.” And feel as you release all the resistance to saying that. As you let go of all the events, memories, and experiences from the past that have been keeping you stuck. All the old tapes, rewrite them now with three simple words, “I am enough.” Feel that in your body. See those words written in every cell of your body. See those words written over every memory, every past experience, every negative emotion. See it, feel it, be it. I am enough. And feel how good it feels in your body to recognize this truth, to acknowledge this truth. I am enough. And when you're ready gently stop tapping and take a deep breath.

Let's tune back into that voice in your head that was saying that you're not enough. How intense is it now on a scale of zero to ten? Notice also what else came up during that process, what other emotions, memories, or ideas? Write down anything else that came up and either continue tapping on it now or commit to addressing it in the future. Quieting this voice can change every aspect of your life so commit to this practice and don't be afraid to have a little fun with it. Talk to that voice in your head, make fun of it, yell at it, whatever it takes to quiet the voice and release the emotions it creates. This is an old pattern, acknowledge it, release it, and watch your life change.

Until next time, this is Nick Ortner from TheTappingSolution.com. Take care and keep tapping.